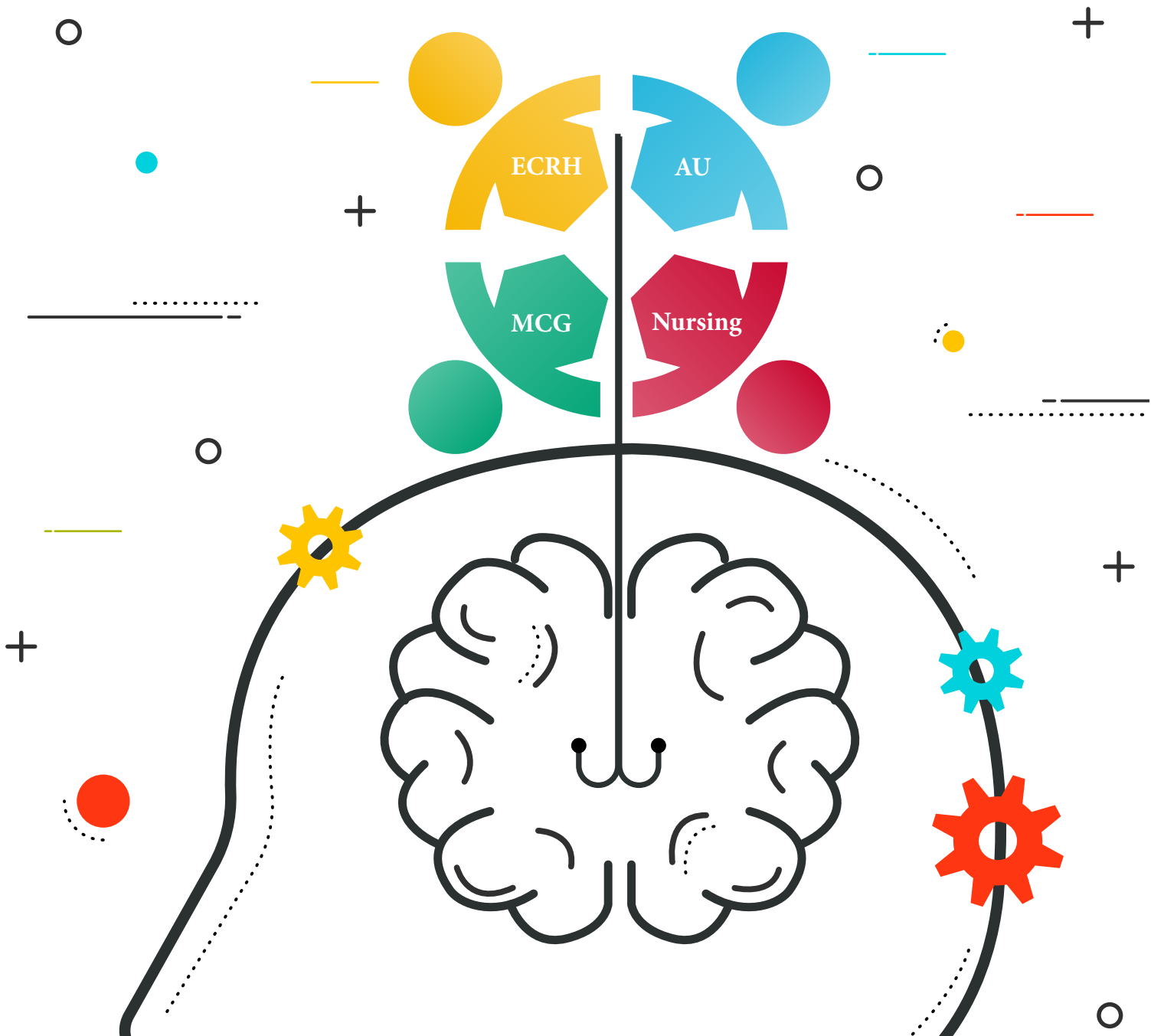


PSYCHIATRY

News and Research
from the Department of
Psychiatry and Health Behavior

NEWSLETTER





Dr. Vaughn McCall

MESSAGE TO READERS:

This issue of the Psychiatry Newsletter serves to highlight “The Partnership” between three entities: the Department of Psychiatry and Health Behavior at the Medical College of Georgia at Augusta University, the College of Nursing at AU and the state of Georgia’s Department of Behavioral Health and Developmental Disabilities. The partnership is in its eighth year, and going strong. The partnership

was initially created out of a mutual desire from all parties to markedly enhance the quality of care for ‘the least of these,’ our disadvantaged mentally ill and developmentally disabled persons who are cared for in our state hospital, East Central Regional Hospital (ECRH). This mission has been, and is being, accomplished.

But the partnership is more than delivery of excellent service. It has become the preferred and premier training ground for mental health teaching for our MCG medical students, AU

nursing students, and psychology trainees. Many of these trainees stay on at ECRH after graduation, and contribute to the provider workforce.

Additionally, the partnership has allowed the development of clinical research, which ultimately leads to the betterment of all patients with serious psychiatric disorders.

We are proud of what we have done together, and hope you will enjoy learning more about this important venture.

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

A PARTNERSHIP FOR BETTER MENTAL HEALTH CARE

By Jason Henle, PsyD,
Assistant Professor, Medical College of Georgia Department of Psychiatry and Health Behavior
Interim Administrative Clinical Director, East Central Regional Hospital

The existing partnership forged between the Department of Behavioral Health and Developmental Disabilities (DBHDD) and Augusta University (AU) began in 2009. Part of the drive leading to the initial partnership was to strengthen both a state psychiatric hospital and academic health center in Georgia. It was meant to bolster the comprehensive research activity at the university and at MCG. It was meant to set a new level of care and education by giving clinical staff at the state-operated psychiatric hospital access to educational opportunities provided by MCG. It was designed so that the DBHDD-AU Partnership would improve and enhance services at East Central Regional Hospital (ECRH) for both the individuals served and the staff working there. The partnership would further benefit mental health in the state of Georgia by creating a cohesive academic environment, which trains psychiatrists, psychologists, nurses, social workers and other mental health professionals in public systems.

ECRH is a state-operated facility with two campuses. The Augusta campus is a psychiatric hospital that provides care to people with severe and persistent mental illness, but also provides forensic services for people involved in the legal system. Treatment units and malls,

activity areas, administrative and support buildings are located on the 310-acre campus. The other campus, Gracewood, is an Intermediate Care Facility for Individuals with Developmental Disabilities (ICF/MR) and Skilled Nursing Facility (SNF) that provides care and services to individuals with intellectual and developmental disabilities. Gracewood consists of living areas, activity areas, administrative and support buildings spread over a 420-acre campus.

Communication and collaboration with the largest workforce

The College of Nursing at AU currently has 84 nursing staff as of March 2018 through the partnership. This number includes nursing administrators, registered nurses, licensed practical nurses and patient care technicians.

Organizational Culture

As part of the striving to continuously improve, five team members recently attended a four-day training session to learn how to utilize the Human Synergistics’ Organizational Culture Instrument (OCI) and the Organizational Effectiveness Instrument (OEI). Use of these tools will allow objective measurement of the current and ideal organizational culture and effectiveness.



Staffing and Scheduling

An in-depth review of nurse staffing plans on a unit-level has been ongoing over the last few months. The interim chief nurse executive, AU College of Nursing's Assistant Dean Dwayne Hooks, the AU College of Nursing's Practice Administrator/Manager of the Center for Strategic Initiatives Tracy Brickey and the Administrative Associate dedicated to nurse recruitment Tara Holmes, have met with each nurse manager on an individual basis on multiple occasions to review and discuss current and future staffing plans. Minimum staffing guidelines have been reviewed and staffing plans based on the current needs of individuals have been recommended and is being reviewed by Regional Hospital Administrator Paul Brock, Regional Executive Director Greg Hoyt and Rick Valentine with Regional Operations. In addition, a consolidated listing of employees was created that includes nurse managers, charge nurses, registered nurses, licensed practical nurses, patient care technicians, health service technicians and certified nursing assistants from all three hiring entities, DBHDD, AU and nurse staffing agencies. This is a great example of the partnership working together in order to further the care and support of the individuals served at ECRH.

Department of Psychiatry Recruitment

There has been a focus on hiring psychiatrists, advanced practice registered nurses (APRN), psychologists and social workers. AU continues placing ads on the American Psychology-Law Society website to recruit for a forensic psychiatry fellowship director. There was another successful round of interviews for forensic psychology fellows in February 2018. Twelve candidates were interviewed with two accepting positions for FY19.

Through the partnership, we have been able to have three psychiatrists on the Augusta Campus with a fourth psychiatrist joining soon. Also through the partnership on the Augusta Campus, we been able to recruit one psychiatric APRN, one medical APRN and two family Practice APRNs. We hope to recruit one more psychiatric APRN in the near future.

ECRH Human Resources recruited 149 new State employees from October 2017-March 2018

Our recruitment team launched and conducted program assistant classes to train on proper procedures for onboarding, as well as to familiarize new employees with the whole recruitment lifecycle.

Educational Programming

Some educational programming taking place for individuals and their families at ECRH includes:

Family Psychoeducation Group

This psychoeducational group was originally developed and led by our AU Mental Health Postdoctoral fellow, Dr. Ashley Jarvis, in conjunction with the ECRH Psychology Department. This group works in partnership with families and friends to help them develop a better understanding of mental illness, build healthy coping skills for handling problems due to mental illness and develop skills for supporting the recovery of their loved ones.

Cognitive Remediation

From October 2017 to March 2018, up to three individuals attended sessions in the cognitive remediation program on the mental health treatment mall. On the forensics treatment mall, there were up to six individuals that attended. The website used for this training is called BrainHQ and there are six categories of different exercises that the individuals can complete. They include people skills, brain speed, attention, navigation, intelligence and memory. The program shows levels completed in each category and gives recognition based on the individual's performance. Most of the individuals that have attended have nothing but positive feedback from this program.

Project GREAT

Dr. Alex Mabe, professor, chief of psychology and director of psychology internship training at MCG, has been working with ECRH Human Service Technicians (HST)/Nursing Trainers on recovery workshop materials. In October and November 2017, he worked on revising the workshop materials for the trainings and observed the HST trainers giving their presentations. After observing the HST trainers, presentation instructions were added to the power point slides to help facilitate these workshops. Dr. Mabe also put all of the recovery training presentations on jump drives for leadership to use. This collaboration and partnership have significantly helped train HSTs at ECRH.

Educational Opportunities

ECRH continues to be a training site for MCG residents and medical students, as well as psychology interns and fellows. On a weekly basis, nursing, social work, activity therapy and master's level mental health related students rotate through ECRH for training and educational purposes. The AU partnership led to the successful recruitment of another psychiatrist who will be assigned to the Adult Mental Health unit starting in July 2018. During the next academic year, the partnership will have two MCG psychiatry residents all year long working under the supervision of two MCG psychiatrists. ECRH has been able to increase the number of medical students to six during each rotation. This rotation consistently receives praise and positive feedback from psychiatry residents, medical students and teachers.

The fellowship in forensic psychology is offered through the partnership between (ECRH) and (AU). The fellowship has two full-time positions available each year. This year there was also extensive collaboration between the Mental Health Psychology Fellowship and the Forensic Psychology Fellowship. The collaboration and partnership led to the retention of one of the fellows starting in September 2018. The 2018-19 year will be the eighth year and the 16th set of fellows to attend this highly competitive and nationally recognized program. Including the current psychology fellowship class, there have been five fellows who have stayed on with AU and DBHDD after completing their year of postdoctoral training. The fellowship is an important part of the partnership between AU and DBHDD. ■

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DRS. BISHNOI AND SURYA HELP LEAD PATIENT, EDUCATION EFFORTS AT ECRH

Drs. Ram J. Bishnoi and Sandarsh Surya are psychiatrists at East Central Regional Hospital who have helped drive a successful partnership for patients at the state psychiatric facility.



Dr. Bishnoi is a graduate of India's NHL Municipal Medical College and completed his postgraduate training at Gujarat University. He also completed general psychiatry residency training (research tract) at the University of Texas Health Science Center in San Antonio and a geriatric psychiatry clinical fellowship at Saint Louis University in Missouri. His academic and research focus includes identification of neuroimaging and blood-based biomarkers for Alzheimer's disease and other age-related disorders.



Dr. Surya also went to medical school in India before completing his psychiatry training at Wake Forest University and MCG, including serving as chief resident at MCG. He then completed a geriatric psychiatry fellowship at Pittsburgh's Western Psychiatric Institute and Clinic. His clinical and research interests include geriatric neuropsychiatry and therapeutic brain stimulation in psychiatry.

THANK YOU FOR SUPPORTING THE CLINICAL, RESEARCH, AND TRAINING MISSIONS OF THE MCG DEPARTMENT OF PSYCHIATRY AND HEALTH BEHAVIOR.

Please designate your gift:

- Willard E. Quillian, III, MD Professorship in Psychiatry, supports a faculty member with teaching expertise in psychodynamically-oriented psychotherapy.
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