

TEMPLE UNIVERSITY DEPARTMENT OF PSYCHIATRY: 2023-2024 Newsletter



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LETTER FROM THE CHAIR

Dear Colleagues and Community Members,

As we transition into Fall, I am thrilled to share some exciting developments from the Department of Psychiatry and Behavioral Sciences at Temple. Over the past month, we have launched two innovative clinical programs that signify a significant milestone in our commitment to providing comprehensive mental health care to our patients.

1. Substance Use Treatment Center:

After months of meticulous planning led by Dr. Breck Chumley and Patrick Vulgamore, I am proud to announce the opening of our long-awaited Substance Use Treatment Center. Located on the ground level of the Medical Arts Building at Episcopal Campus, this outpatient program fills a crucial gap in our services.

Designed to be a low-barrier and welcoming environment, our center offers a range of services tailored to individuals seeking support for substance use disorders. From psychiatric evaluation and medication management to individual and group therapy, social work, and peer recovery services, our team is dedicated to providing comprehensive care to promote recovery and well-being.

Not only does this program address the immediate needs of our patients, but it also serves as a vital educational site for resident and medical student training. We are excited about the opportunities for learning and collaboration that this new center will bring in the years to come.

2. Integrated Care Expansion:

In February 2024, we expanded our integrated care program to better meet the needs of our patients in primary care settings. By hiring two new therapists, Sarah Worthington and Arielle Butler, we have strengthened our presence in key locations across Episcopal Campus and beyond.

Sarah is collaborating with the Infectious Disease clinic in the Tower building and the main internal medicine training department in the Medical Office

Building on Broad Street. Meanwhile, Arielle is working with the Fair Hill practice, which is in the process of becoming a Federally Qualified Health Center, in the CHC building on Episcopal Campus.

Under the supervision of our department's psychiatrists, Drs. Ruby Barghini, Mary Morrison, and Natalia Ortiz, Sarah and Arielle are providing invaluable support to patients while also ensuring seamless coordination with outpatient psychiatry services when needed.

Challenges and Reflections:

While these achievements are cause for celebration, it's essential to acknowledge the challenges we faced during the development of these programs. Building mental health initiatives within a larger hospital or health system presents unique obstacles, from navigating billing systems to ensuring compliance with privacy regulations.

Despite these challenges, our unwavering commitment to improving mental health care drives us forward. We are grateful for the support of our community as we continue to innovate and expand our services to better serve those in need.

In conclusion, I extend my heartfelt thanks to everyone involved in making these programs a reality. Your dedication and hard work are truly making a difference in the lives of our patients.

Warm regards,

Jessica Kovach, MD
Chair, Department of Psychiatry and Behavioral Sciences
Professor of Psychiatry and Behavioral Sciences
Lewis Katz School of Medicine at Temple University
(She/her/hers)



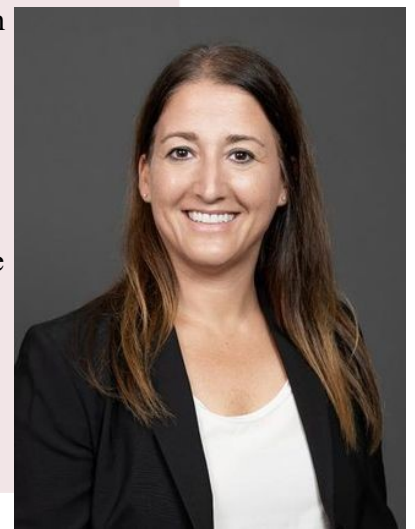
LETTER FROM THE PROGRAM DIRECTOR

The residency has been off to yet another busy and exciting year. This past summer ushered in a fantastic PGY 1 class who are well on their way through intern year. It is always a steep learning curve, but they have managed it well and we have enjoyed getting to see them develop some of their career interests, engage in scholarly activity, and assume early leadership roles in the residency now that the transition from MS4 to intern is well behind them. The prior year we had discussed the possibility of transitioning pgy2 call to a night float system as many residency programs shift away from 24hr call schedules due to wellness, supervision, and educational benefits. The current intern class has been very helpful in devising this as they will be the inaugural class during its implementation next year and were very eager for the option of a night float system to look forward to. PGY2 Night Float would replace one of the required inpatient rotation months while still maintaining the minimum requirements per ACGME (6-12 FTE inpatient psychiatry) and the highly regarded elective month in the PGY2 year. PGY2s will complete two consecutive weeks of night float followed by two weeks of C/L on the higher acuity management service for a total of two months throughout the year. This will allow us to move up one month of neurology to the pgy1 which is consistent with many psychiatry programs having at least one or both neurology FTEs in the first year of training. The PGY1s were very active in the recruitment of our incoming match class for which we are very appreciative! We were thrilled to learn who these individuals were a few weeks ago and cannot wait to welcome them in this summer.

Our PGY2s have adjusted to the variety of clinical experiences that come with the subspecialty exposures in the 2nd year of training. Some are deciding

upon tracks and even considering creating new ones (e.g., addictions). They have offered the department exciting M&M and journal club presentations, both of which were moved to in person learning formats and have made for robust discussion opportunities amongst faculty and trainees. There have been several scholarly contributions on the topics of harm reduction and virtual vs. in person education. There is a lot of interest from this class in joining the psychotherapy track next year and they have been eager to treat patients from the Outpatient Psychiatry Department. We are optimistic that by April they will all have some experience with this patient population, but are also considering ways to optimize this experience in future years to offer early exposure and educational experience in the outpatient setting while balancing the varying clinical duties of pgy2 rotations. We welcomed Dr. Sandra Veigne to the department in November 2023 and look forward to having her directly supervise the geri psych rotation for our PGY2s at Episcopal for the 24-25 AY. Dr. Veigne has offered lectures on geri psych to our residents and is an active member of our Program Evaluation Committee. We are grateful for Dr. Arenz's teaching this year and will continue to offer the Chestnut Hill Hospital geri psych experience as an elective opportunity for our residents.

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Ruby Barghini, M.D.
Program Director

LETTER FROM THE PROGRAM DIRECTOR

The PGY3s have been doing excellent work in the outpatient department and it has been a pleasure to watch them overcome challenges during therapy and be creative in their approach to patients based on interests yet remaining aligned with evidence-based practice. They have clinical interests in consultation liaison, child and adolescent psychiatry, addiction, and psychodynamic psychotherapy and hold various leadership roles on departmental committees. It is bittersweet that four of our PGY3s will be leaving at the end of the year to pursue competitive CAP fellowship programs. For the outpatient rotation experience, we are looking at ways to create med management clinic experiences which will also allow for direct supervision of these cases while the bulk of psychotherapy supervision and combined treatment will continue ad hoc. This may allow us to provide more access to care for our community during the summer while prioritizing the educational value of patients treated in the resident clinic. The significance of psychotherapy education was highlighted at this year's AADPRT conference with a focus on methods of supervision, outpatient experience prior to PGY3, the use of current advances in technology for purposes of supervision, limiting the number of psychotherapy modalities taught in consideration of programs with limited resources to emphasize depth and competency in few of the major EBM modalities (e.g., supportive, CBT, and psychodynamic psychotherapy), and the importance of maintaining psychotherapy in the psychiatrist's purview which should be reflected in our supervision models as well, i.e. same supervisor for psychotherapy and med management vs. a split model.

Other items emphasized at AADPRT include training our general psychiatry residents to meet the need of our patient population and therefore ad-

ressing the lack of subspecialty psychiatrists to address a growing need for youth mental health, geriatric psychiatry, and addiction psychiatry. With the growth of the department, I believe we are improving the way in which we can educate our trainees in each of these areas (see Chair section).

Our PGY4s are settling into their plans for post residency employment and transitions to competitive fellowships in forensics and sleep medicine. We have truly enjoyed their grand rounds presentations to the department; special thanks to those who had the opportunity to present to us in person! The faculty have been very appreciative of their contributions to services during their administrative months in which they assist with the teaching of residents and medical students, tend to administrative tasks, and provide service coverage for junior peers. We celebrated our PGY4s at the departmental graduation celebration at Mitten Hall on Friday, June 7th. Many thanks to our chief residents and their dedication and service to the program this year—Sahil Patel, MD; Alison Liss, MD, Manju Pillai, DO, and Isabel Stillman, MD. We look forward to welcoming our newly selected chiefs for the 24-25 AY—Eric Lee, MD; Robbie Simons, MD; Elsa Stoff, MD; and Pratheek Mangini, MD.

I want to thank Justin Faden, DO for his many years of service as Associate Program Director. He has certainly made my position as Program Director an enjoyable and welcoming one and has offered countless hours of support and guidance to residents and faculty alike. We are lucky that he is not leaving the department as he will undoubtedly continue to contribute to the education and professional growth of our trainees. Dr. Musselman and I are looking forward to collaborating with a former chief resident, Dr. Ryan Serdenes, as APD when he joins the consultation liaison faculty this summer.

-Ruby Barghini, M.D.

Program Director

Temple Substance Use Disorder Clinic

What is the Temple Substance Use Disorder (SUD) Clinic and where is it located?

The Temple Substance Use Disorder Clinic, or SUD Clinic, opened just last month (April 2024) in the ground floor of the Medical Arts Building after a little more than a year of preparation. For those who have been around Episcopal a while, it's where the Merakey program previously was located, and before that, Occupational Health.

What kinds of services does the Temple SUD Clinic offer?

The Temple SUD clinic is intended to offer a less time-intensive experience than intensive outpatient (IOP) programs, which often require patients to be present for 10 or more hours weekly. The hope is that this lower-barrier treatment opportunity will reach a greater number of patients than the traditional IOP model.

Who are the people who work at the Temple SUD Clinic?

The clinic is currently staffed by Gloria Gonzalez, who is our Director of Substance Use Disorder Engagement. She brings a ton of experience from the Temple University Hospital Addiction Medicine service, Temple University Hospital TRUST Clinic, and prior experience working with the Begin the Turn mobile clinic. Dr. Sarah Tabi, an addiction psychiatry specialist, and I have been seeing and treating patients with active substance use disorders and more often than not, with co-occurring mental health challenges. We are in the process of hiring an office manager and a full-time addictions counselor in order to offer a fuller range of services to our patients.

Which patients can we refer to the SUD Clinic?

We are currently accepting referrals from the inpatient mental health units, the CRC, the Episcopal ED, and we are accepting transfers who are currently engaged with the TRUST clinic who have unmet psychiatric treatment needs.

What are the days and hours that you are seeing patients?

Dr. Tabi and I are each currently scheduled for 3 half-days per week. Right now, one of us is there for the whole day on Monday, as well as on Tuesday – Friday afternoons.

How can residents and faculty get more involved?

All PGY-2 residents will rotate through the SUD Clinic going forward as part of their required addiction psychiatry rotation. We are certainly open to having interested residents join us for deeper experiences in outpatient addiction treatment once our patient roster is more full.

What are other goals do you have for the clinic moving forward?

We hope to add a Certified Recovery Specialist to run groups and work with patients in multiple areas of recovery and addressing social determinants of health. We also hope to expand provider coverage so that we can ultimately have both full-time walk-in treatment as well as scheduled appointments.

Is there anything else you may want to let people know? (This goes out to Temple alumni!)

Harm reduction saves lives!



Frank B. Chumley, M.D.

RESIDENT SPOTLIGHT: PGY2 CLASS

Meet Dr. Parker Lee, MD, hailing from Virginia Beach, VA, and a proud alumnus of the University of Virginia for undergrad and the University of Maryland School of Medicine for his medical studies. Dr. Lee chose Temple for his residency due to its comprehensive exposure to various aspects of psychiatry and its sizable residency cohort. He was also drawn to Philadelphia's vibrant culture and the opportunity to serve a diverse and underserved patient demographic. What he treasures most about his Temple experience is the camaraderie among his peers and the warm reception from the faculty. Dr. Lee enjoys exploring Philly's culinary scene and staying active through cooking, baking, exercising, and outdoor activities like skiing and beach outings.



Meet Dr. Allison Zuckerberg, MD, originally from Hawthorne, NJ, and a graduate of Boston University for her undergraduate studies and Hackensack Meridian School of Medicine for her medical degree. Dr. Zuckerberg chose Temple for her residency after completing an away rotation, where she gained invaluable experience in psychiatry. She values Temple's focus on managing patients in acute crisis, a skill she finds essential in her field. In her spare time, Dr. Zuckerberg enjoys indulging in TV shows and movies, reading books, writing, spending time with her fellow residents, and exploring the vibrant city of Philadelphia.

Dr. Shivsai Gongalla, MD, originally from Princeton, NJ, completed his undergraduate studies at the University of the Sciences before earning his medical degree from Cooper Medical School of Rowan University. His decision to join Temple for residency was driven by a desire to train in an urban institution, caring for a diverse population with complex needs. Dr. Gongalla has found the genuine camaraderie among his colleagues to be a highlight of his experience, appreciating their sense of humor which adds enjoyment to the work environment. In his spare time, Dr. Gongalla immerses himself in various activities, including soccer, strength training, meditation, music, culinary exploration, travel, and hiking.



RESIDENT SPOTLIGHT: PGY2 CLASS

Meet Dr. Hussain Jessani, MD, a native of Radnor, PA, who completed his undergraduate studies at Drexel University and obtained his medical degree from Lewis Katz School of Medicine at Temple University. Dr. Jessani's decision to continue his training at Temple was influenced by his positive experiences rotating through the department during medical school. He values the exposure to acute illnesses and the opportunity to serve an underserved community. Remaining in Philadelphia allows him to stay close to friends and family. Throughout his residency, Dr. Jessani has been impressed by the welcoming and genuine nature of his colleagues, both senior residents and faculty, who readily offer support and guidance. In his spare time, he is an avid sports enthusiast, particularly passionate about the Sixers and Eagles. He also enjoys music, attending shows with friends, staying active through gym sessions and hiking, and exploring the diverse culinary scene of Philadelphia.



Meet Dr. Gabrielle Karlovich, MD, originally from Denville, NJ, who pursued her undergraduate education at Cornell University and earned her medical degree from Cooper Medical School at Rowan University. Dr. Karlovich's decision to join Temple for residency was guided by her desire to train in a program that strikes a balance between serving a diverse community and prioritizing trainee education. She has been pleasantly surprised by the warmth and supportiveness of everyone at Temple. Dr. Karlovich is particularly excited about the opportunities for individualized learning experiences through specialized tracks and supervision. In her free time, she indulges in watercolor painting, photography, reading historical fiction, exploring interior design, and cherishing her role as a fun dog auntie.

Meet Dr. Joan Oh, MD, originally from Jersey City, NJ, who pursued her undergraduate education at Rutgers University - New Brunswick and obtained her medical degree from Cooper Medical School of Rowan University. Dr. Oh's decision to join Temple for her residency was heavily influenced by her positive experiences in Philadelphia during medical school. She sought a program prioritizing strong clinical education, resident well-being, and exposure to underserved patient populations, which she found at Temple. During her time here, Dr. Oh has enjoyed the culture promoted by residents and faculty, emphasizing the approachable and friendly atmosphere. She particularly appreciates the comprehensive learning experience she's gained from her inpatient psychiatry rotation, reflecting on the diversity of patients and the richness of opportunities offered by the city of Philadelphia.



RESIDENT SPOTLIGHT: PGY2 CLASS

Meet Dr. Eileen Zhou, MD, originally from Cohoes, NY, who pursued her undergraduate education at Albany College of Pharmacy and Health Sciences before earning her medical degree from Renaissance School of Medicine at Stony Brook University. Dr. Zhou's decision to join Temple for residency stemmed from her desire to immerse herself in the unique training experience offered by a large city like Philadelphia, especially with her interest in emergency psychiatry. She appreciates the ample opportunities to learn and grow in the Crisis Response Center (psych ED). What Dr. Zhou treasures most about her time at Temple is the warmth and kindness she has encountered, not only from her fellow residents, attendings, and faculty but also from the people of Philadelphia. In her spare time, Dr. Zhou indulges in her passion for food by exploring new eateries and experimenting with cooking. She also enjoys traveling, playing tennis, engaging in crafts, and nurturing her growing collection of plants.



Meet Gerard Ondrey, MD, originally from Minneapolis, MN, who completed his undergraduate studies at Villanova University and earned his medical degree from the University of Minnesota. Dr. Ondrey's decision to join Temple for residency was driven by his desire to work with a diverse patient population and gain exposure to a wide range of psychopathology, both of which he feels Temple offers. His favorite aspect of Temple is its residency culture, where he finds shared values among the faculty, co-residents, and staff, fostering a supportive environment for their work. In his leisure time, Dr. Ondrey enjoys traveling, exploring new restaurants and cocktails, following sports, listening to hip-hop music, and writing.

Meet Alex Aponte, MD, originally from Southampton, NY, who pursued his undergraduate education at the University at Buffalo and earned his medical degree from Jacobs School of Medicine and Biomedical Sciences (University at Buffalo). Dr. Aponte's decision to join Temple was influenced by the unique training experience offered by its patient population, which he believed would prepare him well for his future role as an attending physician. Additionally, he was drawn to Philadelphia's vibrant offerings and its proximity to his home on Long Island, making it an ideal location at an affordable price. What has he enjoyed most about Temple? The shenanigans in the call room with his co-residents. In his spare time he enjoys listening to music, spending quality time with his dog, staying active at the gym, and attending concerts.



RESIDENT SPOTLIGHT: PGY2 CLASS



Meet Gregory Haskin, DO, a graduate of Touro College of Osteopathic Medicine- Harlem, with a diverse array of professional interests including Forensic Psychiatry, Adult Inpatient Psychiatry, Psychotherapy, and Addictions. Outside of his medical career, Gregory finds fulfillment in various hobbies. He enjoys exploring new destinations through traveling, finding relaxation and mindfulness in hot yoga sessions. His hobbies including consuming literature through audiobooks, watching true crime documentaries and CourtTV. Additionally, he explores his creative side by building Lego Technic models.

Meet Alex Shazad, MD, a native of Egg Harbor City, NJ, who pursued his undergraduate education at UPenn before earning his medical degree from Temple University. Alex chose Temple for its reputation for excellent training while still maintaining a decent overall life balance. His favorite aspect of Temple? The biscuits, of course. Beyond medicine, Alex indulges in a diverse range of hobbies. He finds solace in playing the piano, enjoys the exhilaration of long-distance running and skiing, and finds joy in culinary adventures through cooking. Additionally, Alex engages in the art of stand-up comedy, explores the mysteries of cosmology, and satisfies his wanderlust through traveling. He also enjoys exploring bars and restaurants.



Meet Tristan Marcelis, MD, a graduate of Lewis Katz School of Medicine at Temple University with a keen interest in Addiction Psychiatry, Community Psychiatry, Psychedelic therapy/ Interventional Psychiatry, and Consult/Liaison Psychiatry. Outside of medicine, Tristan finds joy in backpacking and solo travel, immersing himself in new experiences and cultures. He also indulges in his passion for music by collecting vinyl and attending shows at Philadelphia's vibrant music venues. As a fervent supporter of Philadelphia sports teams, Tristan can often be found passionately cheering or yelling at his TV during games. Additionally, he maintains an active lifestyle through running, balancing his professional pursuits with fulfilling hobbies.

Young Alumni Spotlight - Outside of Temple



Meet Holly Betterly, MD, a member of the Temple Psychiatry Class of 2023, currently completing her forensic psychiatry fellowship at the University of Miami. Upon graduation in July, she plans to remain in South Florida, where she will continue her career in psychiatry.



Meet Travis Dichoso, DO, a proud member of the Temple Psychiatry Class of 2021. (Pictured in the center of the photo along with fellow Temple Alumni Milo Artunduaga and Uju Madtha). Currently, Travis serves as the Medical Director of Inpatient Psychiatry at the Washington DC Veteran Affairs Medical Center. His role involves teaching medical students and residents from esteemed programs in the area, including Georgetown University, George Washington University, Howard University, Uniformed Services University, and St. Elizabeths Hospital. Travis's dedication to education and clinical leadership underscores his commitment to shaping the future of mental health care providers in the region.

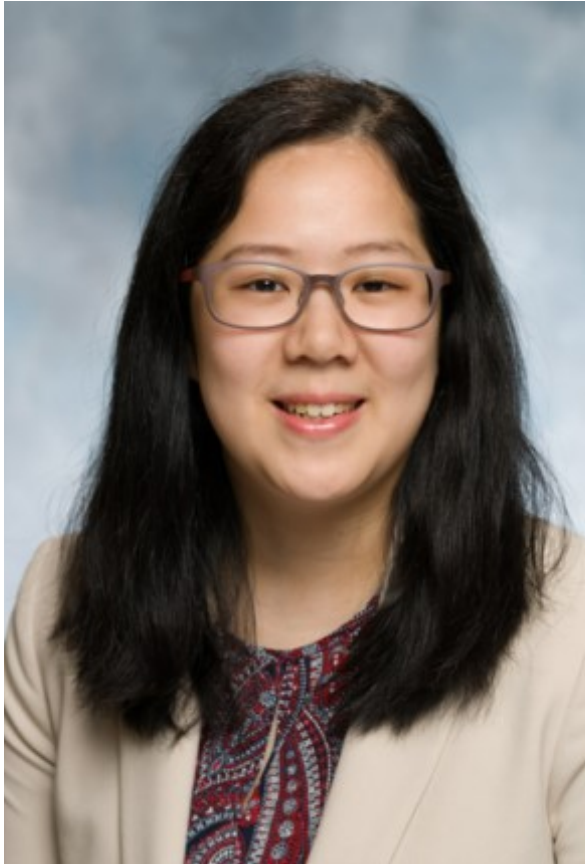


Meet Datrell Ward, MD, a proud member of the Temple Psychiatry Class of 2019. Currently, Datrell is practicing at Doctor's Community Medical Center, a community hospital affiliated with Luminis Health in Maryland. In his role, he specializes in Consult Liaison and Emergency Psychiatric Services, showcasing his continued interest in Emergency Psychiatry and Crisis Response. Since graduating, Datrell has gained extensive experience across various settings including outpatient, correctional, and crisis environments, further enriching his clinical expertise and dedication to serving diverse patient populations.

Meet Sarah Miller, MD, a proud member of the Temple Psychiatry Class of 2021. In June, she graduated from the Child and Adolescent Psychiatry program at Children's National Hospital and embarked on an exciting journey as Assistant Professor of Clinical Psychiatry at Weill Cornell Medical College. Currently, Sarah holds the role of inpatient attending on the adolescent unit at the NYP-Westchester Behavioral Health campus, similar to Episcopal in being freestanding. Alongside her clinical responsibilities, she serves as a core teaching faculty member for the fellowship program, contributing to the education and development of future psychiatrists. With her dedication to patient care and education, Sarah is poised to make a meaningful impact in her new position.

Consider responding to future outreach to help us continue to display our expansive alumni network

NEW FACULTY SPOTLIGHT: DR. LEE



Where were you born and raised?

Born in Maryland and grew up mostly in New Jersey.

Where was your schooling?

Rutgers RWJ Medical School and Temple Psychiatry Residency.

Why did you choose to attend Temple for residency/join the faculty?

Apart from the benefits of training close to home and other supports, Temple stood out amongst programs as a place where residents and faculty truly are down-to-earth, compassionate, and human. You can be yourself and form close relationships.

Was there a specific specialty you wanted to pursue in residency? What are your goals for the next few years?

I was drawn towards inpatient psychiatry as I progressed through residency, so that is what I am trying on as a new attending currently! Future goals are still in the works during this transition, with my current focus on doing right by my patients.

What advice do you have for current residents?

Always look to the people around you for support because chances are that you're not at all alone in your experiences or questions! Everyone is more than eager to help develop and reach your goals, even if you're still figuring things out as you go!

Are you planning on teaching/working with residents?

Most definitely! I have been enjoying the teamwork with residents on my inpatient service and admire their dedication and compassion to our patients. After having learned so much as a resident here, it is a privilege to impart that knowledge to new residency classes.

Have you discovered a favorite restaurant in Philly?

One of my favorite spots has to be Laser Wolf, but if you're looking for a place that doesn't require reservations, you can't go wrong with Tai Lake in Chinatown!

“...Always look to the people around you for support because chances are you're not at all alone...”

NEW FACULTY SPOTLIGHT: DR. VEIGNE



Where were you born and raised?

Yaoundé, Cameroon.

Where was your schooling?

Faculty of Medicine and Biomedical Sciences of University of Yaoundé.

Residency—Harlem Hospital Center in affiliation of Columbia College of Surgeons and Physicians.

Geriatric Psych Fellowship—New York Presbyterian/Cornell.

Why did you choose to join Temple Faculty?

Temple provided me an opportunity to treat an underserved population, geriatric patients, and opportunities to grow in academic medicine. I also wanted to stay closer to family around Philly

What advice do you have for current residents?

Try to learn with each patient encounter and find a mentor.

What is your greatest professional accomplishment?

Tough question, I would like to believe I am working towards greater accomplishments but I will say having worked with wonderful students, physicians and mentors through my journey from med school in Cameroon to present.

What are your future goals for working at Episcopal?

Build an inpatient geriatric psychiatry unit with both acute and long-term patients.

Do you plan to teach/work with residents?

Yes, working with residents on inpatient units. Lectures with PGY-1 and 2s are scheduled for this year.

What might people not know about you?

I learned to cook at age 10.

Have you discovered a favorite restaurant in Philly?

Not yet, I recently visited LMNO, it was a positive experience. I am open to suggestions :)

“... Temple provided me an opportunity to treat an underserved population, geriatric patients, and opportunities to grow...”

NEW FACULTY SPOTLIGHT: DR. CHATTERJEE



Where were you born and raised?

Ridgewood and Franklin Lakes, NJ.

Where was your schooling?

Cooper Medical School of Rowen University in Camden, NJ.

Residency— Temple Psychiatry Residency

Fellowship—Community Psychiatry, University of Pennsylvania .

Why did you choose to attend Temple for residency?

My friend was an intern at Temple when I was applying and couldn't stop telling me the aspects of the program he enjoyed. Upon attending the

interview, I saw how much the residents were able to enjoy themselves despite the hard work.

Who influenced you the most?

I learned something from every attending I worked with at Temple! I also appreciated my outside supervision with Dr. Smolar from PCOP and additional supervision I sought out during my third year. However, I must give a special shout-out to Dr. Miazzo who supervised me for most of residency.

What advice do you have for residents?

Enjoy residency! It's so special to be able to learn, work with, and grow alongside your friends. Enjoy your time together and learn from each other. But also take your education seriously and make the most of these years.

Have you discovered a favorite restaurant in Philly?

I have an ever expanding list of restaurants to visit. The community table at Fiorella is a blast. I think the Scandinavian aesthetic at Aleksander is gorgeous. And sushi at Sagami is a classic.

“...It’s so special to be able to learn, work with, and grow alongside your friends. Enjoy your time and learn from each other...”

NEW FACULTY SPOTLIGHT: DR. KARASIN



Where were you born and raised?

I was born in Philadelphia and raised in Huntingdon Valley, PA, about half an hour north of the city.

Where was your schooling?

I completed my medical school training at American University of the Caribbean SOM in St Maarten. Within my first month of starting residency at Drexel/Hahnemann University Hospital, it was announced that the hospital would be shutting down and closing most of its training programs. Following this, Temple became my new home after stepping up and taking in many of the Hahnemann orphans

Was there a specific specialty in psychiatry you wanted to pursue while in residency?

I always thought I would pursue a career in outpatient psychiatry and thus took part in the psychodynamic psychotherapy track during my PGY-2 year. However, during residency training I discovered a passion for emergency psychiatry after spending a great deal of time working in our Crisis Response Center (CRC). From the start of residency, I always felt at home in the CRC. I love being able to assist people in the most acute phase of their illness, deciding if the inpatient setting will be most helpful to them at that time. I enjoy the fast-paced environment and thinking on my feet. The 800+ moonlighting hours have also helped prepare me to take on this role as an attending in the CRC.

Who influenced you most during your time in residency?

Too many to name! I feel fortunate that I had so many amazing influences, mentors, and supports throughout my time in residency. I definitely cannot pick a “most” but the faculty members who have served as supervisors, teachers, and role models have helped shape my own personal and professional development. I have also truly enjoyed building meaningful relationships with CRC staff members, residents, and the attending physicians.

“...I love being able to assist people in the most acute phase of their illness...”

NEW FACULTY SPOTLIGHT: DR. KARASIN

What was your best residency memory?

All my best memories are based upon the camaraderie shared amongst my co-residents. I will always remember the endless laughs in the call room, hanging out in the outpatient offices, karaoke nights, and the retreats in AC.

What was the most important thing you learned while at Temple?

There have been a lot of unexpected changes during my time at Temple. It has been an experience of staying flexible and adjusting to many changes faced since joining this residency--from the Hahnemann expansion to changes within the program, and of course, the COVID-19 pandemic. While unpredictability can often bring feelings of uncertainty, I was able to stay #TempleStrong through the support of our program leadership and the close friendships I've made with my co-residents.

What advice do you have for current residents?

The opportunities I had to get involved in the department and push myself out of my comfort zone were what helped me gain the most out of my time at Temple. Building relationships and working together as a team is something I really value and miss from residency, but also one of the reasons that I gravitated toward staying in an academic setting. For residents who think they may be interested in academic psychiatry, I would try to seek out opportunities that grow your teaching and leadership skills.

What are your future goals?

I look forward to continue working with our Temple community, teaching, and collaborating with residents and faculty members.

What is something people may not know about you?

I once filmed a commercial with Bill Cosby when I was an undergrad at Temple. (This was a lot more of a fun fact 10 years ago.)

Have you discovered a favorite restaurant in Philly?

When I'm not at a brewery or eating cheesesteaks and hoagies, some of my favorite dinner spots include Parc, Suraya, and Barcelona Wine Bar.

“...For residents who think they may be interested in academic psychiatry, I would try to seek out opportunities that grow your teaching and leadership skills...”

Fellowship Match 2024

Sleep Medicine

Manju Pillai, D.O. (PGY4) - University of Pennsylvania

Child & Adolescent Psychiatry

Nick Schmidt, M.D. (PGY3) - Mount Sinai Hospital

Sarah Hmada, M.D. (PGY3) - Mount Sinai Hospital

Priyanka Kolli, M.D. (PGY3) - NYU

Vanessa Martinez, M.D. (PGY3) - Tower Health

Forensic Psychiatry

Isabel Stillman, M.D. (PGY4) - University of Miami

RESIDENT & FACULTY SCHOLARLY ACTIVITY 2022-2023

Serdenes R, Arana F, Karasin J, Kontos N, Musselman M. Approaching differential diagnosis and decisional capacity assessment in the context of COVID-19 conspiracy beliefs: A narrative review and clinical discussion. *Gen Hosp Psychiatry.* 2023;83:75-80. doi:10.1016/j.genhosppsy.2023.04.008

Stillman I, Ehrman S, Amalfitano A, Combs C, Musselman M, Barghini R, Dietzold J, Chandraekhara SI. Using Longitudinal Curriculum to Improve Psychiatry Residents' Attitudes Regarding Firearm Anticipatory Guidance. *Acad Psychiatry.* 2023;47(5):461-465. doi:10.1007/s40596-023-01773-x

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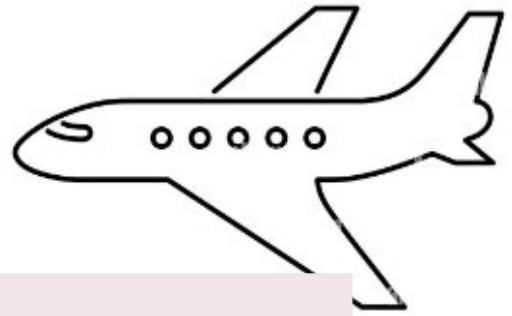
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Hopes and Fears Upon Entering Psychiatry

I'm ready for the journey ahead,
But the fears come aboard instead.
Psychiatry will be emotionally challenging, as far as
draining.
I'm a giving person, and will give up everything.
The learning curve is steep as a mountain,
Those alongside me may disagree on direction, with
even the same destination.
I worry I may forget the way,
Or- worst of all-
Why I chose this path in the first place.
Do I turn back now?
One starts supposing,
What if the forecast remains gray,
Foreboding?
In my nightmares, I show up to work without shoes.
As I open a meeting with my supervisor,
All my teeth come loose.
"I need to go to the eye doctor!" I say,
She advises me, respectfully,
"Wrong consultant!"

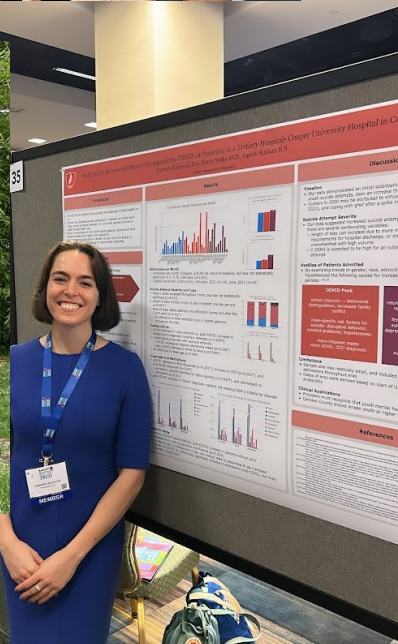
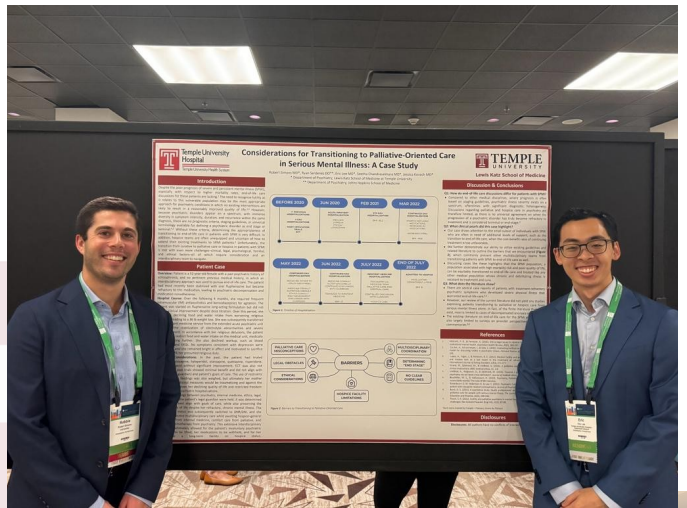
I'm ready for the journey ahead,
I must think of the hopes instead.
This work will be emotionally stimulating, as far as
enlightening.
I'm a giving person, and expect reciprocating.
I'll fly us over the learning curve mountain,
Meet all the others at our destination.
I will not forget the way,
I'll reflect and write often,
Why I chose this path in the first place.
I could never turn back,
As long as I keep on hoping.
The forecast becomes brightening,
Glowing.
As I counsel a paranoid patient,
I say, "You're not a guinea pig."
In my dreams, I say the right thing.
"We're one step closer to getting you better,
With each day that passes
I hope for nothing more
Than a cure."
Hope is all I have,
But I need nothing more.



*Psychiatry is uncharted
airspace,
But I believe we'll land
safe.*

Written by: Allison Zuckerberg, M.D.

RESIDENCY IN PHOTOGRAPHS



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