



## Notes from the Department Chair

### *PRACTICING GRATITUDE*

When I was preparing to meet with my boss last month, I was reflecting on this past year. What was most memorable? The first things that came to mind were negative things:

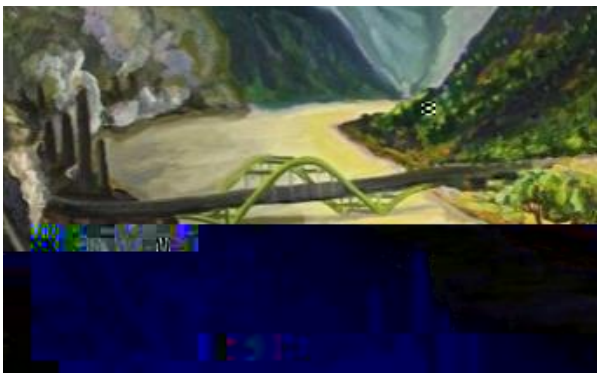
- The closing of the inpatient psychiatry unit at Froedtert Menomonee Falls
- Not fully paying out our clinical incentive at midyear
- Putting our Tosa Center construction on hold

This made me realize the negative bias that is my nature and human nature. Our cognitive reflex tends to be to think about the negative first. Yet, there are so many positives that I had to work to think about, for which I am so grateful, and here are just some of them:

- Froedtert and Children's Wisconsin funding the infrastructure of our A PP Psychiatry Fellowship
- The opening and filling of our new Child Health Psychology Track
- The opening and filling of our new Child Psychiatry Rural Track
- CSG's leadership supporting the CW psychologists choice in which MCW department they will join
- CSG and CW's leadership's support of bringing in national psychiatry and psychology leaders to consult and provide guidance on our future strategies in child mental health
- Our continued growth as a department
- The continued financial support we receive and rely upon from Froedtert Health and Children's Wisconsin and MCW which has been essential in supporting your work in all our missions.

I am grateful for all the patient visits you delivered this past year and for the help and support you provided each of them and their families. I am grateful for the research you moved forward this past year and all the manuscripts you wrote, moving the science of behavioral medicine forward. I am grateful for all the psychiatry and psychology education you provided to all our learners this past year. I am grateful for all the community engagement you delivered and all the special consultations you provided in our CPCP and Periscope Program. I am most grateful for you - all the people that work so hard to support our missions and each other. I am grateful that we got through the horrible pandemic, and we can now meet safely together again. I can honestly say that you, and the great work you do raises our whole department. My gratitude lifted me up!

As I fully realized the impact of gratitude, I felt that it would be a great theme for our Summer Psyched Newsletter. There is a science behind the impact of gratitude. Being thankful and feeling appreciated have a positive impact on mental health, relationships, and improving our MCW culture. Going forward, I vow to practice my gratitude, and I hope you will too. Thank you for all the effort and hard work this past year. Thanks for making our home the best Department of Psychiatry and Behavioral Medicine it can be.



Sincerely,  
Your Chair,

Jon A. Lehrmann, MD Charles E. Kubly Professor and Chairman  
Department of Psychiatry and Behavioral Medicine  
Associate Chief of Staff for Mental Health, Milwaukee VAMC

## Notes from Administration

### Gratitude Comes in Many Forms

Gratitude can be realized in many forms; however, I'm going to focus on health and how gratitude contributed to a recent family medical condition. A family member had experienced eye pain and thought the condition was a minor pink eye condition due to the redness, swelling and pain. However, the Nurse Practitioner ran a few tests and immediately called Froedtert Emergency (Tosa) and had secured our name and information on their charts to expect us within 30 minutes. Yes, no going home, no gathering additional provisions. It was a directive from the NP to head straight to Froedtert Emergency due to higher-than-normal eye pressures.

After spending roughly 1 hour in the ER, we were able to get home after a 0.008 Twynol-ga 15 sl-



# Faculty Development

## Gratitude

As I have spent the last week at the 2023 Group on Diversity and Inclusion (GDI) and Group on Faculty Affairs (GFA) Joint Professional Development Conference for the AAMC, I reflect on the gratitude that overwhelms my week. As many of you know, I often speak about gratitude and the importance of its practice for each of us individually. With strong research in positive psychology around the fundamental effects gratitude has on our brains, we cannot deny its importance. But this week, while I expected to have my own personal moments of gratitude, I was most impressed by the collective gratitude of the incredible people across academic medicine.

My own gratitude includes the fact that GFA is one of my favorite organizations with which to be involved – these are “my people.” They are selfless, personable, passionate leaders in faculty development that inspire me with every interaction. Indeed, the moment I stepped onto the meeting floor, I was immediately grateful to see, and hug, colleagues in person that I have seen only via Zoom for the last two years. Time and time again I found myself grateful for networking, discussions, updates, and the ability to meet new and interesting colleagues at every event.

As the conversations progressed throughout this meeting, topics became heavy, difficult, and politically laden. Yet I witnessed person after person using this platform to share, express, advocate and encourage. I saw gratitude all around as we found a common voice, common concerns – and a resounding frequent phrase, “we are not alone.”

Academic medicine indeed will be facing significant and daunting challenges in the coming years. However, my experience this week leaves me not exhausted or fearful, but

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## CONGRATULATIONS GRADUATES!

### ADVANCED PRACTICE NURSE PRACTITIONER PSYCHIATRY FELLOWSHIP

Monica Rios, MSN, APNP, PMHNP-BC  
Logan White, MSN, APNP, PMHNP-BC  
Jenny Xiong, MSN, APNP, PMHNP-BC

### CENTRAL WISCONSIN RESIDENCY

Brittney Harding, MD  
Luba Kats, DO  
Joshua Shupe, MD  
Kirubel Woldenmichael, MD

### CHILD AND ADOLESCENT PSYCHIATRY FELLOWSHIP

Matthew Bohr, MD  
Anum Khan, MD  
Kayla Schenheit, MD

### CONSULTATION-LIAISON PSYCHIATRY FELLOWSHIP

Alex Johnson, MD  
Irene Warner, MD

### GERIATRIC PSYCHIATRY FELLOWSHIP

Makenzie Hatfield Kresch, MD

### HEALTH PSYCHOLOGY FELLOWSHIP

Divya Bhagavatula, PsyD

### HEALTH PSYCHOLOGY RESIDENCY

Adam Everson, PhD  
Julie Murray, PhD  
Amanda Otero, PsyD  
Justin Studler, PhD

### MILWAUKEE RESIDENCY

Zabrina Ebert, DO  
Emily Lechuk, MD  
Matthew Fiorillo, DO  
Darya Long, MD  
Samuel Hall, MD  
Sahar Jahed, DO  
Alexander Johnson, MD  
Deborah Benevenuto, MD

### NORTHERN WISCONSIN RESIDENCY

Anne Machesky, MD  
Konstantin Mikheyev, MD  
Anne Wannamaker, MD

## WELCOME RESIDENTS AND FELLOWS!!

### ADVANCED PRACTICE NURSE PRACTITIONER PSYCHIATRY FELLOWSHIP

Jennifer Bentley, PMHNP  
Claire Gates, PA-C  
Michael Lam, PMHNP  
Rakesh Patel, PMHNP

### CENTRAL WISCONSIN RESIDENCY

Benjamin Diedrich, MD

Won Huh, MD

### CHILD AND ADOLESCENT PSYCHIATRY FELLOWSHIP

Joelle Rios, MD  
Darya Long, MD  
Arya Arya, MD  
Bryar Burt, MD  
NWy6dETT2



## GETTING TO KNOW...

Faculty and Staff from the Department of Psychiatry and Behavioral Medicine



SARA LINDEKE, MD  
Assistant Professor  
Division of C/L Psychiatry  
Froedtert Hospital

*What is your educational background?*

I received my bachelor's degree in psychology and zoology from UW-Madison. Following that, I moved to Chicago and completed an MA in medical sciences program at Loyola. In 2013, I started as a medical student here at MCW and then stayed for my psychiatry residency and consultation- liaison psychiatry fellowship.

*How long have you worked at MCW?*

I started as an attending psychiatrist in September 2022.

*Describe your typical workday.*

It depends on the week. Most of my clinical time is spent on the inpatient consult service at Froedtert Hospital. On weeks I am not on service, I have shifts in the emergency department. I am fortunate to work with trainees at both of these sites, as well as in my role as one of the associate program directors for the residency.

*What do you like most about your job and what attracted you to this field?*

In the consult psychiatry world, I enjoy that no day is ever the same. I am always humbled that patients are willing to share their stories and experiences with me. Being able to support people in some of their most difficult times is what keeps me coming to work.

*Tell us about life outside of MCW.*

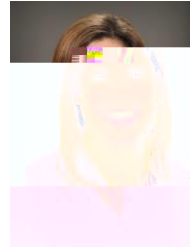
Much of my time outside of work is spent with my five young nieces and nephews attempting to be the best aunt ever! My friends and I also love to go to Bucks games, eat at new restaurants around the city, find new walking trails, and watch reality TV.

*Just for fun what are your favorite movies, books, music?*

I love to read fiction! Two recent favorite books I read are *Tomorrow, and Tomorrow, and Tomorrow* by Gabrielle Zevin and *The Maid* by Nita Prose.

*Tell us a fun/unique fact about yourself.*

I went to medical school with and graduated the same year as one of my brothers. He completed residency in Family Medicine and is currently working as a hospitalist in La Crosse.



LEORA MASSEY, MD  
Assistant Professor  
Child and Adolescent Psychiatry  
Children's Wisconsin

*What is your educational background?*

I completed medical school at Loyola University Chicago Stritch School of Medicine, Psychiatry Residency at Rush University Medical Center in Chicago, and then moved to Wisconsin for Child and Adolescent Psychiatry (CAP) Fellowship at MCW.

*How long have you worked at MCW?*

I started working at MCW as a CAP fellow in July 2020 and completed fellowship in June 2022. In September 2022, I first began working as an attending psychiatrist.

*Describe your typical workday.*

My week is a mix of seeing children and adolescents at Mequon and Children's main campus. I also see transitional-aged adults at the Tosa Center one day a week, and work virtually one day per week.

*What do you like most about your job and what attracted you to this field?*

I love working with kids and families. Having come from a big family myself, I've always been interested in family dynamics among siblings and parents, including birth order and gender and the role they play in the family structure.

*Tell us about life outside of MCW.*

I am the proud mamma of three active boys (ages 8, 6, and 3) who absolutely keep my days busy and my heart full. I had two of my children in medical school and one in residency. One of my passions is supporting my amazing colleagues who have had or are having children while pursuing careers in medicine.

*Just for fun what are your favorite movies, books, music?*

We're currently working our way through the Harry Potter series at bedtime with the boys, and I'm enjoying rediscovering JK Rowling's literary prowess.

*Tell us a fun/unique fact about yourself.*

I am the second oldest of 10 children, and six of my siblings were adopted from Ethiopia.

GETTING TO KNOW...

Faculty and Staff from the Department  
of Psychiatry and Behavioral Medicine  
(continued)

ANA NAVARRO, MD