

## Houston Psychoanalytic Groups & Menninger Partner on Programs

Registration is open for the following evening speaker series programs at [www.houstonpsychoanalytic.org](http://www.houstonpsychoanalytic.org). 1.5 CEUs will be available.

- **February 13** – *The Heart of the Matter is The Matter of the Heart: Narcissistic Vulnerability and Couple’s Treatment* by Efrain Bleiberg, MD
- **February 28** – *Psychoanalysis: Evidence-based Treatment for OCD* by Jack Novick, PhD, and Kerri Novick



## Sleep, Suicide Become New Focus for Research

Research at Menninger continues to evolve, with the latest project focusing on sleep and suicide.

This project is being done in collaboration with Baylor College of Medicine, for which Menninger is a teaching hospital.

In recent years, research studies have shown that sleep and suicide are highly correlated.



Rufino

Menninger researchers Michelle Patriquin, PhD, and Katrina Rufino, PhD, have both contributed to this body of research with papers published in the *Journal of Affective Disorders*, *Journal of Abnormal Child Psychology*, *Behavioral Sleep Medicine*, *Psychiatry Research* and more.

The project will also include a clinical workshop to educate staff, including nurses, mental health associates, social workers, psychologists and psychiatrists. The workshop will help them learn the language that will be used in 1:1 treatment sessions and will help them to reinforce what the patients learn during 1:1 sessions.

To further this research, Drs. Patriquin and Rufino have launched new efforts to help learn more about sleep’s relation to suicide ideation and attempt.

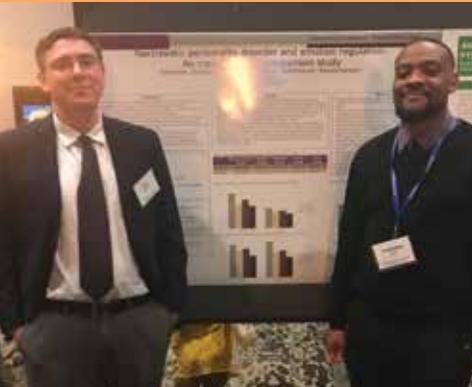
### Treatment Manual

One part of these efforts is designing a treatment manual comprised of cognitive behavioral therapy–insomnia (CBTI) and weekly individual therapy sessions. The goal is to add CBTI components to the therapeutic milieu related to sleep and test if this added treatment component improves suicide ideation among Menninger’s adult patient population.

One part of these efforts is designing a treatment manual comprised of cognitive behavioral therapy–insomnia (CBTI) and weekly individual therapy sessions.

A pilot study will be launched on one of Menninger’s adult inpatient programs and will initially focus on patients who presented at admission as being at high risk for suicide and who also were found to have sleep issues.

Continued on page 3



## Poster Wins Third

One of the four research posters accepted at the Texas Psychological Association annual conference in November 2018 won third place. Ryan Smith and Christopher Frazier are pictured above from left to right with their award-winning poster, “Narcissistic personality disorder and emotion regulation: An inpatient peer comparison study.”

This study showed patients with NPD experience more problems with experiential avoidance, and the emotional regulation subdomains of clarity, strategies and impulse at admission than their inpatient peers without NPD. They continue to experience more problems with impulsivity at discharge as well as being more non-accepting of their emotional responses. They also leave treatment significantly earlier than their peers.

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# How Menninger Treats Co-occurring Substance Use Disorder

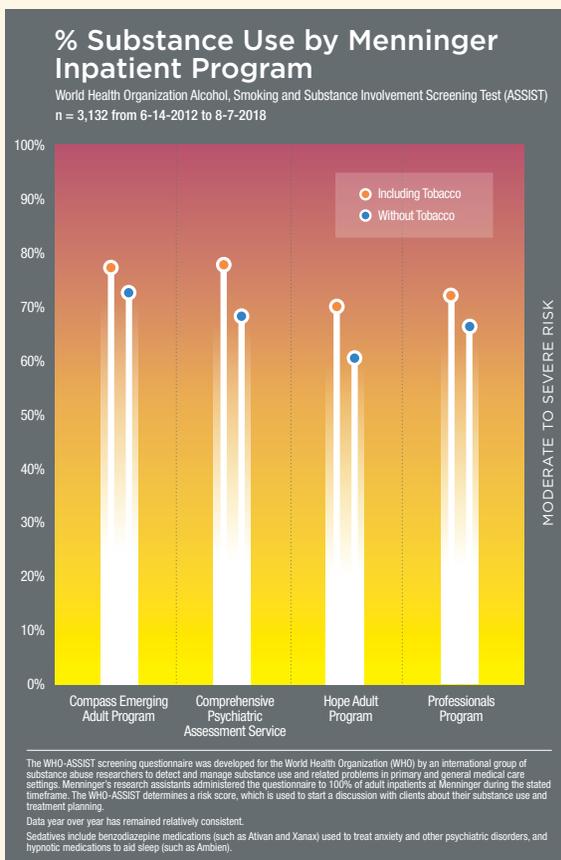
While illicit drug use continues to climb, those seeking sobriety from substance use disorder find a complicated landscape of treatment options. Restrictions on Internet marketing of traditional addictions treatment centers and for-profit pressures have also created mixed messages for consumers and probably for some health and mental health professionals as well.

Menninger wants you to know how it can help your clients and how its treatment approach stands above the fray.

As you can see by the adjacent chart, Menninger continues to treat a large population of patients with primary and secondary substance use disorder (SUD).

“Our care of patients with mental illness and substance use disorder is truly integrated versus being a sequential or parallel treatment process,” explains **Vaughan Gilmore, LCSW, LCDC**, Director of Addictions Services. “Our treatment interventions are evidence based and there’s a master’s level addictions counselor on every inpatient treatment team.”

The communication throughout the team is seamless, with all disciplines on the team engaged in the patient’s recovery process



for SUD and psychiatric disorders. “We have added peer recovery coaches who connect with patients from admission through their post-discharge recovery plan. We encourage patients to attend all of the peer support meetings here on campus so they can have a choice for their recovery path with one or more of

the peer support programs that fit their values the best,” Gilmore said.

“Menninger’s goal is to help each patient build their recovery capital, and do all we can to offer peer support following their inpatient stay.”

The treatment plan for a patient with SUD will include programming for the co-occurring psychiatric diagnoses plus the SUD—nutritional counseling, motivational enhancement therapy, relapse prevention planning and skills, specific process and educational groups, medication-assisted therapies and trauma therapy. Family work integrates educational and therapeutic support as well.

Both community integration programs at Menninger—Pathfinder with its milieu program and Menninger

360 with its individual programming—include addictions professionals on the treatment teams.

Peer support meetings at Menninger are SMART Recovery, AA and NA, and Refuge Recovery for adults plus Teen Recovery Group for adolescents.

## App for Former Patients Builds Online Milieu

Discharged patients are adopting a newly launched app for smart devices that is building our alumni community and capitalizing on the value of Menninger’s milieu and peer support.

The app expands patients’ 24/7 access to friendships developed while at Menninger,

to encouragement from peer coaches and to resource information supporting living healthier.

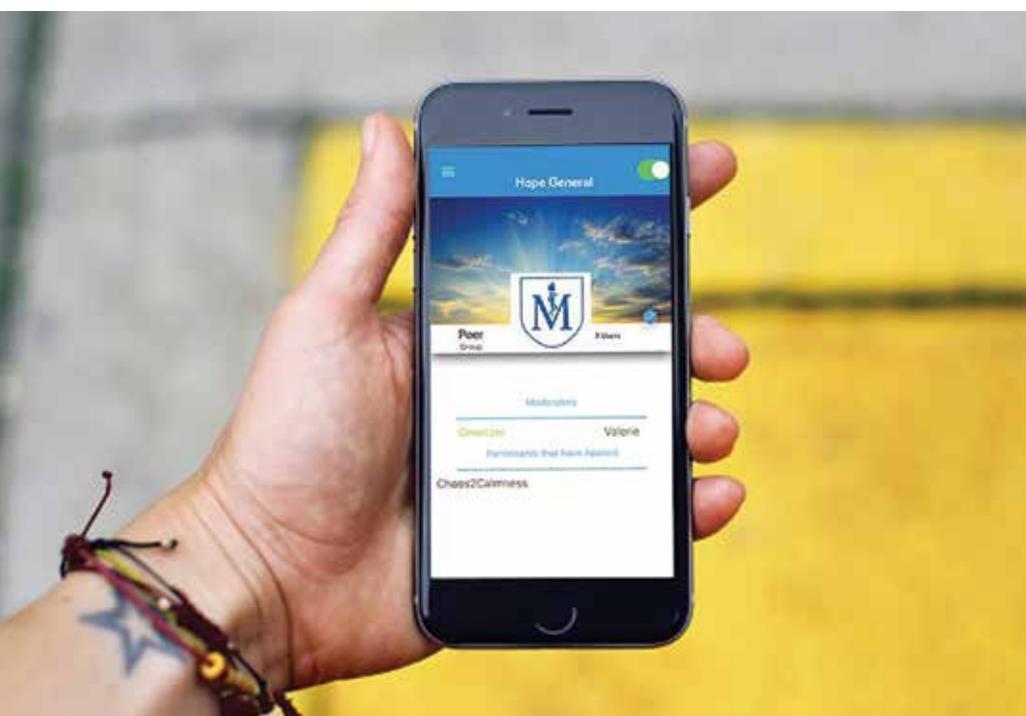
“Using the app patients can celebrate their successes and growing pains. They can get support when needed. They can develop a new ‘rock’ in their support

system if they have not remained in touch with the peers who were in treatment with them while they were an inpatient,” said **Vaughan Gilmore, LCSW, LCDC**, Director of Addictions Services.

Menninger partnered with an app developer at the Texas Medical Center Innovations Institute, Houston. Funding for the project came from a grant from the Menninger President’s Innovation Fund.

The app is a private community that is HIPAA and CFR42 compliant to ensure the privacy of former patients. Its goal is to encourage greater engagement of Menninger alumni with each other, whether they are newly discharged or they were patients in Menninger’s past, explained **Gordon Meltzer, CPRS, CPS, ICPR**, Addiction Recovery Specialist, who has been collaborating closely with the app’s developer.

If one of your clients is a former Menninger patient, he/she may sign up to use the app by emailing **Gordon Meltzer, gmeltzer@menninger.edu**.



# Sleep, Suicide Become New Focus for Research

Continued from page 1

The measures that will be used to identify these patients include the Self-injurious Thoughts and Behavior Interview and the Suicide Behaviors Questionnaire–Revised, both of which have been validated in inpatient hospitals and offer accurate markers of suicide.

## Updated Outcomes Battery

These two measures are now part of the updated treatment outcomes battery that Menninger has long used in its patient outcomes research.

“We recently reevaluated the measures that we’d been using in an effort to continue to use state-of-the-art and

psychometrically valid assessments,” said Dr. Patriquin. “We also wanted to reflect the fact that new literature shows sleep is an important predictor of suicide.”

Other measures, including the Patient Health Questionnaire (PHQ-9), Structured Clinical Interview for DSM-5 Research Version (SCID-5-RV), Structured Clinical Interview for DSM-5 Personality Disorders (SCID-5-PD) and Difficulties in Emotion Regulation Scale (DERS), remain a part of the outcomes battery.

## Using Outcomes Data in Treatment

As the outcomes battery has changed,

We recently reevaluated the measures that we’d been using in an effort to continue to use state-of-the-art and psychometrically valid assessments.

–Dr. Michelle Patriquin

so has the way treatment teams are using the data to inform treatment. Now, each program has a dedicated time for groups of patients to participate in outcomes, which are given at admission and every week during a patient’s stay at Menninger. Patients now complete their outcomes assessments on iPads.

Members from the clinical team review the patients’ outcomes results. “We also timed these group sessions so that they now coincide with the treatment team meetings,” said Dr. Patriquin. “This means that the teams are using the most recent data when making clinical decisions.”

*Menninger researchers Katrina Rufino, PhD and Michelle Patriquin, PhD, (below) have been partners in the research to help define the link between sleep behavior and suicide.*

## APS Recognizes Patriquin

The Association for Psychological Science recently named its global



Patriquin

Rising Star honoree— post-PhD early career researchers. We are thrilled that Michelle Patriquin, PhD, is among the 2019 Rising Stars.

Her research investigates the biological precursors of mental health and translates these findings

into actionable clinical interventions.

In addition to serving as Director of Research Operations at The Menninger Clinic, she is assistant professor in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine.

The Rising Star designation recognizes researchers whose innovative work has already advanced the field and signals great potential for their continued contributions.



# Nurse Practitioner Connects with Young Adults Through Caring, Compassion

Caring is one of the core Menninger values, and it would be hard to think of anyone who embodies that value better than **Avani Thakkar**, BHMS, PMHNP-BC, MHA.

A nurse practitioner, Thakkar has been working at Menninger for 10 years, and during that time, she's been a consistent patient favorite. "Our patients just adore her," said **Patricia Daza**, PhD, Director, Compass Program for Young Adults.

## Secret Sauce

Ask Thakkar what makes her so special, and you'll quickly see her humble nature is evident as she first attributes her success with patients to the fact that she, like the rest of the Compass team, simply treats each patient like family and helps patients realize that there really isn't much difference between them and the team.

Often, it's not just the patient who is suffering; the parents are often exhausted, frustrated and frightened. I tell them: 'It's time for you to take care of yourself. We'll take care of your child.' And we do – just like family.

—Avani Thakkar,  
BHMS, PMHNP-BC, MHA

"As I grew in my career, I began speaking the same language that patients learn while they're here. When I explain that I used this language even with my own family and that it's helped strengthen

those relationships, the patients usually have a positive response," said Thakkar.

Her generosity and commitment to helping Compass patients discover something to believe in—whether themselves or a higher power of some sort—are characteristics that also make a difference.

## Generosity

"With this age group, I find they are often lost spiritually, but having faith can be an important part of recovery. I try to help them find something to believe in so that they can have a sense of being a part of something larger than themselves," explained Thakkar.

One example of Thakkar's generosity of spirit is her gifts of beads for each member of her meditation groups. These tokens, which are purchased from her temple, BAPS Swaminarayan Mandir, are meant as a physical reminder that no matter where the wearer is, Thakkar is thinking positively about them.

She knows these simple tokens mean a lot to the patients because she's often had patients follow up with her long after they've discharged to tell her so. Sometimes they even tell her that they've passed the beads on to someone else they've met who's struggling with mental illness so that that person will know someone somewhere is thinking of them.

One former Compass patient, now a University of Houston graduate and a local marketing professional, mentioned how much the beads meant to him when he recently talked with Thakkar. Another former patient, who now leads AA, NA and meditation groups, even called to ask for some beads to share with her group participants since they meant so much to her on her own recovery journey.

She finds that many Compass patients with substance use issues struggle with the traditional 12-step groups because of

their lack of belief in a higher power. "For these patients, I often take a more scientific approach. I talk about energy. Energy can only be transformed; energy itself is indestructible. I try to help them see that this energy is a powerful part of their being. Then I can suggest that they make this vital source their higher power, which seems to be helpful."

## Compassion

Like the rest of Menninger, the Compass team employs a bio-psycho-social approach to treatment. Such an approach aligns with Thakkar's interest in the role of spirituality in mental health recovery.



Thakkar

"Often, it's not just the patient who is suffering; the parents are often exhausted, frustrated and frightened," said Thakkar. "I tell them: 'It's time for you to take care of yourself. We'll take care of your child.' And we do—just like family."

Recognizing how hard it is to leave a child at a psychiatric hospital, Thakkar encourages parents to use the time away from their child productively by getting help for their own issues and by engaging in self-care. She says parents need love and compassion as much as the child, especially given how serious mental illness affects the entire family.

"I try to connect with our patients by being present with them and by treating them with the same respect and warmth that I would want to be treated with," says Thakkar. "If that means sitting down on the floor with a patient in crisis, that's what I'll do. If it means sharing how I use the same skills that we're teaching in my own life, then that's what I'll do. Whatever I can do to connect with them and help them on their recovery, that's what I'll do."

## 15 of 94 years in Houston

Looking back, it has already been 15 years of Menninger calling Houston its home. In 2019, Menninger marks its 94th year of diagnosing and treating people with mental health issues. The hospital was founded in 1925 in Topeka, Kansas, by Drs. Charles, Karl and Will Menninger.

*Pictured: Downtown Houston*





The Menninger 360 team members in front of their central Houston location, from left: Kevin Morse, Alexandra Vassiliadis, Emily Pyle, Kaitlyn Coffey, Matt Estey, Neil Puri, Amy Williams (back), Anna Boyd and Laquinta Milson.

# PACT Team Marks First Anniversary

Nearly 100 local mental health professionals, staff at nearby treatment centers and others toured the new headquarters for Menninger 360 on November 30. The open house marked the one-year anniversary of the program.

The Menninger 360 Team moved into the central Houston location to be closer to the clients they serve in their homes and in community activities. Clients working with our Program for Assertive Community Treatment (PACT) team receive highly individualized treatment and rehabilitation.

Menninger 360's philosophy is to do whatever it takes to help its clients take strides forward. It can serve as a community integration program for direct admission or as a step-down level of care following inpatient treatment.

Menninger 360 is a non-milieu-based program while Menninger Pathfinder is milieu-based with groups and mentored apartment living with other clients.

The PACT model is flexible and adaptive by design. While all clients must work with a team psychiatrist, referring clinicians may continue as the client's individual therapist, family therapist and consultant on the team. For providers

who may not be available to continue treating a referred client, Menninger 360 clinicians are happy to provide updates about the client's progress (presuming the client signs a release). PACT services also integrate seamlessly with sober living, intensive outpatient or partial hospital programs.

To discuss a case, call or email Program Director **Matt Estey**, LCSW, 409-502-0957, [mestey@menninger.edu](mailto:mestey@menninger.edu) during business hours.

Menninger 360 is accredited by The Joint Commission. It is the first accredited private Program for Assertive Community Treatment (PACT) in Texas.

## Interested in Community Integration Approach? Attend June Conference

June 20, 2019, is the date to add to your calendar for attending "Hope and the Courage to Continue," the fifth annual community integration conference at

the Menninger campus in Houston. Co-sponsors are the Association for Community Integration Programs, Ellenhorn LLC and The Menninger

Clinic. Online registration will open in mid-April. More information will be available on the sponsors' websites.

# Hospital Care & Hospitality Reign on Adolescent Program

**Maria Ruiz** fulfills a unique hospitality, service and safety role on the inpatient adolescent unit's treatment team.

- Parents thank this housekeeper for making a difference in their child's treatment experience.
- Teenagers have asked to take home the animals she creates using crisp, white towels.
- Nursing staff have been grateful for her keen eye for safety and finding sharps and contraband.

"This is Martha's second home and she helps patients feel that while they are with us," explained **Tatyana Grant**, Charge Nurse on the Adolescent

Treatment Program (ATP). "Her experience doing this work shows in many ways. As nurses, we especially appreciate the safety issues she alerts us to."

Ruiz has worked on ATP for almost 14 years. Before moving to Texas, she completed five years of nursing experience and one year of social work training in her native Mexico. Though the training doesn't transfer to a credentialed clinical position in the U.S., she applies that knowledge and experience to her housekeeping role every day. Her love for the work shines through.

"I like helping ATP be a clean and happy family place," Ruiz said. "I show our patients that everything is going to be okay, and encourage them on days when they need it."

Families whose English is their second language get a little extra attention from Ruiz. She reassures them that the clinical team can help them, too, because she's seen it happen for many teenagers and their families from across the U.S. and from dozens of other countries.

ATP Nurse Manager **Jaime Lovelace** explained, "When I speak to families and referring clinicians who visit our unit, each time I open the door to an empty patient room, they smile when they see the towels Martha has shaped into a cute animal on each patient's bed. I inform them that the foundation of our work takes place through relationship-based care. I am proud to say that every person who works on the adolescent unit understands the importance of relationships and is a valuable member of our team, including Martha."

*Parents thank housekeeper Maria Ruiz for making a difference in their child's treatment experience, and teenagers have even asked to take home the animals she creates with towels.*



Editor's note: Dr. Stuart Sugarman's client had received prior treatment at prestigious programs before being referred to Menninger. The patient admitted at the Hope Program and participated for about three months before discharging to Ellenhorn's program for assertive community treatment (PACT) to support her independent living. The psychiatrist at Menninger's Hope Program, **John M. Bouras, MD**, wrote the following vignette about Dr. Sugarman's client.



Bouras

## Impaired Insight Improved Through Interdisciplinary Team Approach

A woman was admitted to Menninger's inpatient Hope Program for Adults after a brief stay at the local psychiatric hospital where she was restarted on psychotropic medications. She had once again stopped her psychiatric medications, and became physically aggressive with her parents in the context of increased agitation, auditory hallucinations and referential thinking.

She had onset of psychosis diagnosed a few years earlier and had several psychiatric hospitalizations, including nationally prestigious programs. Our team obtained her medical records and contacted her family and her outpatient psychiatrist (Dr. Stuart Sugarman) for collateral information. Psychological testing was also obtained.

Family described her as an "excessively sensitive child." She had been socially awkward and isolated growing up. She had struggled with body image issues and concerns about gaining weight since adolescence, and she would exercise three to five hours a day, which she did not recognize as excessive. She had always been an anxious person. Five years earlier, she started using alcohol to control her anxiety. She also endorsed depressive symptoms for the majority of time during active psychotic episodes that prompted hospitalization.

### Observations

Her poor insight and her fear of gaining weight presented a challenge to our team. She was reluctant to have any increase of her medications to therapeutic doses, and she felt that the program did not provide her with enough opportunities

to exercise (she would be seen by Hope's team members doing sit-ups and running in her room at different times of the day). Her parents did not agree with her leaving the program, but they had difficulty with setting clear, unambiguous limits.

While at Menninger, her interdisciplinary team consisted of a psychiatrist as a team leader, a social worker who assisted with family, an individual therapist, an addictions counselor (addictions track) and an eating disorder specialist (eating disorders track). Through collaboration with her outpatient psychiatrist and ongoing education and support to her parents, joint phone calls were held to establish therapeutic limits and holding her accountable to these limits.

Exercise restriction to one hour a day and other coping skills were introduced. She started social skills training to help with interpersonal interactions and art therapy to help connect with her emotions. After strengthening the treatment alliance and utilizing results from prior genetic testing, she agreed to and tolerated a switch to a non-SSRI antidepressant to address symptoms of depressed mood and anxiety and an LAI atypical antipsychotic to increase adherence.

### Co-occurring Disorders

Her diagnosis was changed to schizoaffective, depressive type based on her late onset of psychosis and concurrent depressive symptoms. A rule out of autistic spectrum disorder was added with recommendation of further testing in the future. She also met criteria for substance use disorder, moderate, unspecified feeding or eating disorder, as well as OCPD traits.

Ongoing family support and collaboration with the outpatient psychiatrist helped build trust and therapeutic alliance with the patient. Reality testing and insight into her symptoms improved with continued treatment. She was able to verbalize her

need for continued medications and benefitted from practicing new coping skills.

### Turnaround

At discharge from Hope, the patient expressed that she had benefitted from all of the unit's programming. She understood the importance of accepting her illness, taking medications, expanding her coping skills beyond exercise, recognizing her emotions before she gets into a crisis and sharing her wellness plan with her parents.

Her mother commented: "We are returning from Houston after spending an evening with our daughter to celebrate her birthday. I just might believe in miracles...She understands and accepts her diagnosis and is excited to go to New York for the Ellenhorn program. Your Hope Program is properly named...Thank you for all you have done."

"I read the discharge summary for (my patient), and I was very impressed with the diagnostic acumen and treatment by everyone at Menninger. Pass that onto the staff. Top drawer clinical work—as good as it can be in the nation. I have enjoyed our collaboration."

—Stuart Sugarman, MD,  
at Teton Psychiatry,  
Jackson Hole, Wyo.

## Hope Patient Family Sends 'Gift' to Treatment Team

At the end of 2018, the Hope treatment team received the following message from a grateful family.

"I wanted to let you know our son is doing very well. I appreciate all that Menninger did for him...He has now

been discharged from Pasadena Villa and has been home a week. He is his old self again, which is so exciting for our family. We are also thankful that the medication's side effects have gone away and there are no signs of Parkinson's...

"I just wanted to let you know that you are so special to us. You always went above and beyond for us and it will not be forgotten. Our son speaks often of Lynn and mentioned she is the best therapist he ever had. Again, many thanks!"

# Texas Governor Appoints Adler to Examiners' Board

We're proud to announce that colleague **Herman Adler**, MA, clinical interviewer and psychometrician in the Menninger Research Department, has been appointed to the Texas State Board of Examiners of Psychologists by Gov. Greg Abbott. As a licensed psychological associate, Adler administers cognitive and diagnostic assessments to Menninger's inpatient adults and adolescents, as well as contributes to psychological reports.



Adler

During the four-year-term, Adler will have a voice in state policy and the future of psychology in Texas.

# 'Good Morning America' Helps Demystify BPD

Public figures who openly discuss their mental health diagnosis illustrate what many people struggle with privately. Recently "Saturday Night Live" comedian Pete Davidson used social media to inform followers about his borderline personality disorder.

Personality disorder authority **John M. Oldham**, MD, MS, who has returned to Menninger as Interim Chief of Staff, spoke in early December on "Good Morning America" about what BPD looks



Oldham

like, and commended Davidson for his courage to speak about his diagnosis.

# New Guidebook Features Chapters by Menninger Clinicians

Eight clinicians and research assistants

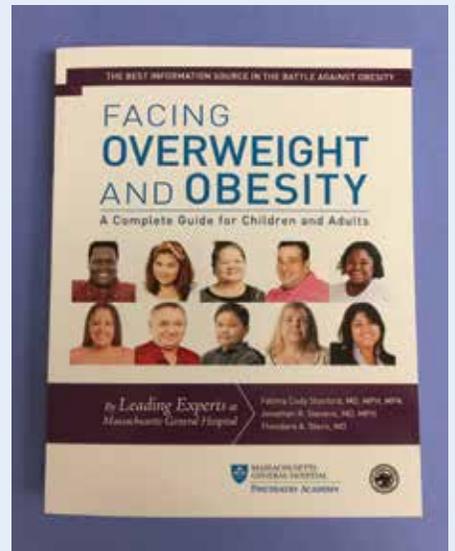


Stevens

penned chapters in the new book titled *Overweight and Obesity: A Complete Guide for Children and Adults*. The three editors include **Jonathan Stevens**, MD, MPH, Chief of Child and Adolescent Psychiatry and Chief of Outpatient Services.

The guide is easy to read and provides the latest resources for questions commonly asked by Americans coping with excess weight and obesity, as well as caretakers. Chapter authors include experts in internal medicine, psychiatry and endocrinology.

Dr. Stevens was asked to serve as one of the three editors as one of



Massachusetts General Hospital's top alumnus of its psychiatry academy. Other co-editors are **Fatima Cody Stanford**, MD, MPH, MPA, and **Theodore A. Stern**, MD.

# Menninger's Services for Disordered Eating

Our staff offers nutritional counseling, as well as a dedicated Eating Disorders Track for adults with binge eating,

anorexia or body image issues that underlie their other psychiatric issues. Learn more at [MenningerClinic.com](http://MenningerClinic.com).



Houston Fox26 health reporter Melissa Wilson interviews Chief of Inpatient Services Edward Poa, MD, during the station's special show about suicide prevention as John M. Bouras, MD, looks on. Menninger participated in this national education effort after a Detroit meteorologist died by suicide.



*At Menninger, we assemble a team of specialists, including a neuropsychiatrist, to take a close look at the client's brain health in addition to determining if other symptoms may be contributing to the client's current situation.*

# Clinic Introduces Specialty Assessments for Young Adults, Brain Health

Building on the comprehensive outpatient assessments Menninger has offered for many years, two new specialty assessments have been recently introduced: one that focuses exclusively on assessing young adults, and another that helps determine if issues and symptoms are related to physical changes in the brain. Both assessments are completed in 4.5 days.

## Assessments for Young Adults

Young adults experience myriad emotional and developmental changes following adolescence, and when one struggles, a comprehensive outpatient assessment can uncover the underlying causes and provide treatment options. And even more importantly, the insights gained during the assessment process can increase the young adult's motivation to take healthy action.

The week-long collaborative assessment process allows the young adult and the family to understand the medical, emotional and environmental factors involved from an interdisciplinary perspective. All teams include a physician, psychologist and therapist, as well as other specialists specifically chosen based on the young adult's needs.

Specialty consultations and evaluations are also included when indicated. These may include assessments for addiction and compulsive behavior, suicidality or self-injurious behaviors, anxiety, trauma, neuropsychological testing and more.

## Brain Health Assessments

Questions about brain health can arise during almost any phase of life. Changes in temper, mood swings, sleeping, energy level, pain, memory or even behaviors that are out of the ordinary, such as risk taking or overspending, can indicate a medical issue that is affecting a person's health.

Getting a full assessment of the medical, psychological and social components that affect wellness is essential for uncovering the underlying issue and, more importantly, early intervention and treatment.

At Menninger, we assemble a team of specialists, including a neuropsychiatrist, to take a close look at the client's brain health in addition to determining if other symptoms may be contributing to the client's current situation. The team collaborates with the client's family to get valuable input about their observations of and experiences with the client. The team also collaborates with health professionals who are familiar with the client.

A full medical history is gathered by a physician, and comprehensive neuropsychological testing is completed by a board-certified psychologist. A licensed therapist meets with the client

Changes in temper, mood swings, sleeping, energy level, pain, memory or even behaviors that are out of the ordinary, such as risk taking or overspending, can indicate a medical issue that is affecting a person's health.

and family to assess social and environmental stressors. In addition, the team requests appropriate lab work, genetic testing for optimal medication, neuroimaging and EEG or sleep study.



*Kale Morcomb*

## Assessment Referrals

For questions about these specialty assessments, please call Megan Kale Morcomb, LCSW-S,

Director of Outpatient Assessments, at 713-275-5160.

To make a referral, please call Admissions at 713-275-5140.

# Care Coordination Service Provides Personal Service

Menninger  
Care Coordination  
Services

**713-275-5400**

Care coordinators are  
available 24/7.

When you call Menninger–  
**713-275-5400**–you reach a Care  
Coordinator 24/7. A coordinator can  
make appointments, provide a wealth  
of information, hand off a caller to an  
admissions coordinator and refer to

other providers as needed. The faces on  
the other end of the phone call you make  
are **Gabriella Rossi-Calderon, Althea  
Richardson, Victor Medrano, Jonathan  
Morlan, Tikesha Cunningham** and  
Manager **Danielle Williams**.

*Care coordinators pictured from left, Gabriella Rossi-Calderon, Althea Richardson, Victor Medrano, Jonathan Morlan, Tikesha Cunningham and Manager Danielle Williams.*



# Endowed Fund Established in Honor of Drs. Roy and Walter Menninger

By establishing the Roy and Walter Menninger Endowed Fund for Mental Health Research, Menninger aims to pave the way to the innovations of tomorrow.

Named in honor of **Drs. Roy and Walter Menninger**, who led The Clinic through a pivotal time in our history (1967-2001)

with an unwavering dedication to training and research, the endowed fund will provide resources to support the efforts of a new director of research at Menninger.

The endowed fund will be crucial to recruiting a highly qualified candidate. Each year, the fund will generate income to pay for the director's research, travel costs to conferences and salaries of his or her research assistants.

The fund will support the efforts of a new director of research at Menninger.

Online donations are welcome at [www.menningerclinic.com/about/donate](http://www.menningerclinic.com/about/donate) or call 713-275-5400.

## Look for Us at APA in San Francisco

Menninger will be exhibiting again at the annual meeting of the American Psychiatric Association in May in San Francisco. We invite you to keep this special 75th annual meeting in mind, and include plans to drop by to see **Larry**

**Mendoza and Stephanie Cunningham** at the Menninger exhibit.

In conjunction with the APA annual meeting, we are also jointly planning a reception with Baylor College of

Medicine for alumni of our training programs and for psychiatrists nationwide. We are working to identify a convenient location and date, so watch for reception information this spring.

## Brandon Marshall to Share His Journey with BPD

Six-time pro-bowl football wide receiver Brandon Marshall is this year's keynote speaker for the annual Menninger Signature Luncheon to raise awareness about mental health. The event is open to anyone interested in Marshall's path with emotional instability and eventual diagnosis of borderline personality disorder.

Marshall and his wife, Michi (pictured), founded Project 375, an organization that opens conversations about mental illness and educates youth and their teachers about the risk factors and warning signs. The Marshalls' experience demonstrates how a diagnosis can bring families together.

For ticket information, contact Menninger's **Charlotte Fostey** at [cfostey@menninger.edu](mailto:cfostey@menninger.edu).





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Winter 2019

# Connections



Cover Story

## Sleep, Suicide Become New Focus for Research

### Calendar of Events

#### January 25

##### 12th Annual What's Emerging with Emerging Adults Conference: Trauma, Culture & Identity

- Yellowbrick, Evanston, Ill.
- Co-sponsored by The Menninger Clinic and Yellowbrick
- Menninger's **Shweta Sharma, PsyD**, will present.
- Visit **Susan Nelson, MS**, at the Menninger exhibit.
- To register and for more information, visit: [www.yellowbrickprogram.com](http://www.yellowbrickprogram.com).

#### January 27-29

##### 45th Annual Psychotherapy Associates Winter Symposium

- Hotel Elegante, Colorado Springs, Colo.
- Menninger's **Vaughan Gilmore, LCSW, LCDC**, will present.
- Visit **Susan Nelson, MS**, at the Menninger exhibit.
- For more information, visit: [www.cspaws.com](http://www.cspaws.com).

#### January 30-February 1

##### National Association of Therapeutic Schools and Programs (NATSAP) Conference

- Hyatt Regency Hill Country Resort & Spa, San Antonio
- **Matt Estey, LCSW**, and **Tyler Burnett, LCSW**, from Menninger will be attending.
- For more information, visit: [www.natsap.org](http://www.natsap.org).

#### February 5-9

##### American Psychoanalytic Association (APsaA) National Conference

- New York Hilton, New York City
- Visit **Meg Horne, LMSW**, at the Menninger exhibit.
- For more information, visit: [www.apsa.org](http://www.apsa.org).

#### February 13-14

##### School Connections

- Asheville, N.C.
- Menninger's **Susan Nelson, MS**, will attend.
- For more information, visit: [www.schoolconnections.org](http://www.schoolconnections.org).

#### February 13-16

##### 24th Annual National Psychopharmacology Update

- Paris Las Vegas Hotel, Las Vegas
- Visit **Larry Mendoza** at the Menninger exhibit.
- For more information, visit: [www.nvpsychiatry.org](http://www.nvpsychiatry.org).

#### February 23

##### 2019 Houston Eating Disorders Specialists (HEDS) Conference

- Norris Conference Center, Houston
- Visit **Jennifer McGinnis** at the Menninger exhibit.
- For more information, visit: [www.houstoneds.org](http://www.houstoneds.org).

#### March 6-9

##### Summit for Clinical Excellence

- Holiday Inn Chicago Mart Plaza River North, Chicago
- Visit **Susan Nelson, MS**, at the Menninger exhibit.
- For more information, visit: [www.summitforclinicaexcellence.com](http://www.summitforclinicaexcellence.com).

#### March 21-24

##### 2019 Psychotherapy Networker Symposium

- Omni Shoreham Hotel, Washington, D.C.
- Visit **Meg Horne, LMSW**, at the Menninger exhibit.
- For more information, visit: [www.psychotherapynetworker.org](http://www.psychotherapynetworker.org).

#### May 18-22

##### American Psychiatric Association Annual Meeting

- Grand Hyatt San Francisco
- Visit **Stephanie Cunningham** and **Larry Mendoza** at the Menninger exhibit.
- For more information, visit: [www.psychiatry.org/annualmeeting](http://www.psychiatry.org/annualmeeting).

## Do We Have Your Address Up to Date?

If you have a new practice or home mailing address, or have changed your preferred email address, please let us know in order to keep receiving timely educational and resource information from Menninger. Email your new contact information to **Bree Scott** at [bscott@menninger.edu](mailto:bscott@menninger.edu).



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