

Menninger Launches Distinguished Clinicians Educational Series

This new ongoing series of two-hour presentations kicked off 2018 with renowned attachment expert **Peter Fonagy, PhD**, from the University College London and the Anna Freud Centre.

The series at Menninger is open to all mental health professionals, and will award two (2.0) continuing education contact/credit/clock hours to participating physicians, psychologists, social workers, addictions professionals and licensed professional counselors.

Dr. Fonagy will be presenting the following two programs from Noon to 2 pm.

- March 30
Gaining Epistemic Trust
- May 30
Making Shared Decisions
(Registration will open after April 1.)

Advance **registration** is required as seating is limited.

Psychiatrists & Training Program Alumni Invited to Reception at APA

Are you going to New York City for the Annual Meeting of the American Psychiatric Association? We would be delighted to have you as guests of Baylor College of Medicine and The Menninger Clinic at our social event May 7.

We encourage you to make plans to drop in between 7 pm and 8:30 pm at the New York Marriott Marquis. Looking forward to meeting you are **Dr. Bella Schanzer**, Menninger's interim chief of staff and Baylor's vice chair of Clinical Affairs, and **Dr. Wayne Goodman**, Baylor's chair of the Menninger Department of Psychiatry and Behavioral Sciences. Also attending will be Menninger psychiatrists and **Stephanie Cunningham**, vice president of Business Development.

Thank you to all of our alumni and friends who have expressed an interest in resuming gatherings during this annual meeting. New York City's popularity is an ideal venue for renewing this tradition.



Menninger Launches New Program to Help Adults in Their Homes, Communities

As part of its ongoing expansion of the continuum of care, The Clinic has launched Menninger 360, a service that offers the only private psychiatric assertive community treatment (PACT) team in Texas.

Considered a “hospital without walls,” this new initiative features a team of interdisciplinary mental health clinicians who offer clients 360-degree support, treatment and rehabilitation. The team is a mobile mental health group of professionals who help clients work toward independence while developing and practicing skills to manage their mental health concerns and achieve their goals.

The team works with clients in their homes and communities, outside of a hospital or outpatient setting.

Goals

The primary goals of Menninger 360 are to:

- Lessen or eliminate debilitating symptoms of mental illness in order to prevent, or at least minimize, recurring episodes of acute mental illness and hospitalizations
- Meet basic needs and enhance the client's quality of life
- Improve functioning in social, community and professional roles and activities
- Lessen the family's care burden



Estey

“The team provides highly individualized services to our clients,” said **Matthew Estey, LCSW**, director of Menninger 360. “We take an assertive, proactive and pro-social approach –

essentially ‘whatever it takes’ – to support and help clients live full and independent lives while managing their illness.”

Who Can Benefit

Menninger 360 is geared for adults with severe and persistent mental illness, including schizophrenia, other psychotic disorders and bipolar disorder. It is also ideal for adults who are not interested in group-based treatment programs or whose symptoms make it difficult for them to participate in that level of care. Moreover, Menninger 360 services are appropriate for clients who experience significant disability and have not been helped by traditional mental health services.

As a newly launched service, Menninger 360 is currently available only to individuals in Houston.

Menninger 360 Team

The team initially is comprised of a part-time psychiatrist, two full-time, master's level generalist clinicians, a full-time nurse, and the full-time bachelor's level generalists. The team is set up to be able to care for eight to 10 patients at a time and offers three levels of service:

1. Tier I provides for up to 10 hours of individualized services per week
2. Tier II provides for up to 20 hours of services per week
3. Tier III provides of up to 30 hours of services per week

Team members share on-call responsibilities 24 hours a day, 7 days a week.

For more information about Menninger 360, contact Director **Matthew Estey, LCSW**, at mestey@menninger.edu.

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New Options Make Menninger Care More Accessible

The cost for mental health care can exceed the resources and medical plan coverage for many individuals and families. Menninger has taken steps to make its comprehensive mental health care system more accessible when it's needed the most.

These options are now available:

- M-Lend Financial is an independent organization with more than two decades of interest-free lending for medical expenses to qualified applicants. Up to \$50,000 may be financed over 12 months with no penalties for early payment or payoff of the balance. An M-Lend representative works directly with the guarantor of the Menninger patient.

- Families with an adolescent receiving assessment and treatment on the Adolescent Treatment Program (ATP) now receive statements that bill professional services provided by our licensed clinicians and specialty services separately from room, board, nursing care, academic tutoring and medications. ATP recently implemented the new billing process in response to numerous families who want to use their insurance benefits for their child's care.

Menninger's Finance staff estimates that approximately 60 percent of a total ATP bill may be reimbursable. Additionally, the overall cost for the adolescent's stay is expected to be

about the same as the current bundled daily rate once the initial evaluations have been completed.

- Individuals covered by ComPsych receive in-network benefits. For others, Menninger is happy to work with other insurers to negotiate a single-case agreement.

Over the past few years, our experience shows that single-case agreements have steadily increased, especially for patients who have had a long history of mental health care. In these cases, the insurers invest in Menninger care based on treatment outcomes and patient-centered treatment.

Web-based All-recovery Group Building National Community

Menninger recently launched a tele-support group to help individuals build their mental health "capital" and wellness on their recovery journey from psychiatric or addictive disorders.

The group is united by a secure web-based video platform called Zoom. The All-recovery Support Group meets online every Saturday at 2 pm Central Time.

Any adult who has received treatment at Menninger is welcome to participate, whether he/she is a recent patient or one who completed treatment years ago. The beauty is that everyone is welcome and can share celebrations and challenges across the mental health spectrum.

The All-recovery Support Group started in 2016 in Houston as a grassroots effort and is now going national to meet the needs of interested patient graduates and provide an enriching experience for all.

Visit our website to learn more.

Recovery Groups Expand for Patients and Graduates

At any given time, six to eight of every 10 inpatients at Menninger are addressing substance abuse or other addictive behavior alongside their psychiatric condition(s). Our Addictions Services have expanded peer recovery programs to address these patients' values and interests.

Our range of recovery programs that meets at Menninger now includes:

- Refuge Recovery – This program practices mindfulness, compassion, forgiveness and generosity for the healing of pain and suffering caused by addiction. It welcomes people involved in all recovery paths.
- SMART Recovery – Menninger-trained clinicians facilitate this group twice a week, focusing on strengthening skills for sober living.
- Teen Recovery – The group meets weekly and is facilitated by Teen & Family Services of Houston to help our adolescent inpatients, outpatients and patient alumni, aged 13-17, learn more from each other about living in recovery.
- 12-step meetings – Alcoholics Anonymous on-campus meetings are held twice weekly while Narcotics Anonymous meets weekly. These meetings are facilitated by Menninger patient graduates and community volunteers.
- All-Recovery Support Group – This peer-led support group includes patient alumni with all types of diagnoses. It is now offered online as a convenience for more patients. (See story at left.)
- Peer counseling specialists – All of the clinical programs – inpatient and outpatient – have at least one master's level-trained licensed addictions counselor on their treatment team. They now can refer their patients to one of our two certified peer counselors, who are available from admission, during treatment and after discharge.

"Patients tell us they appreciate having choices to try out to determine one or more that will work best in supporting their recovery and aftercare," said **Vaughan Gilmore**, coordinator of Menninger Addictions Services.

Vaughan Gilmore, LCSW, LCDC, center, has expanded her Addictions Services team with peer addictions counselors Gordon Meltzer and Valerie Fayle.



Anxiety Often Blocks Emerging Adults' Progress

More than half of college students reported feeling overwhelming anxiety.

- Source: 2016 National College Health Assessment

Following the national trend, anxiety disorders affect a majority of emerging adults who seek treatment at Menninger's Compass Program for Young Adults. Numerous triggers during early adulthood may reveal social anxiety, panic disorder, generalized anxiety and other anxiety-driven conditions, such as substance abuse.



Daza

According to Compass Program Director **Patricia Daza, PhD**, anxiety disorders may impair a college student's academic progress and relationships, and increase his/her substance use due to:

- Pressure from family or self to meet high expectations
- New academic environment, perhaps even an unfamiliar city
- Meeting new people
- Leaving the safety net of old friends, home and family

"We see a lot of emerging adults with social anxiety, avoidance behavior, and feelings of awkwardness and failure after trying to fit into their academic environment," said Dr. Daza. "On top of that, they are often utilizing recreational or prescription drugs as a maladaptive coping mechanism in a culture where substance use is very dominant."

To treat anxiety disorders the Compass treatment teams utilize a multi-pronged approach. Role playing helps build skills for talking with peers and for learning practical ways to refuse alcohol or drugs. Short-term medication often helps reduce symptoms, paving the way for positive treatment outcomes from other therapies.

"Participating in Compass for an average of seven weeks allows these emerging adults to be vulnerable and to connect with others in the program. Our experience is that it allows them time to find themselves and overcome the shame that they feel from not having the relationship skills to manage their anxiety," said Dr. Daza.

Time in the Compass program also provides these students with the structure and opportunities for finding their voice, for learning to mentalize and improve

relationships, and for building trust with others by participating in the milieu. The peer community allows for the patients to experience ruptures and repairs, as well as learning how to address recurring issues in their attachment relationships.

In the program's family work, many of these students learn that siblings or parents may also have struggled with social anxiety and perhaps substance use as well. The Compass teams' addictions counselors help these emerging adults start a path of recovery that integrates with the psychiatric treatment. "We try to normalize why using substances has been a means for overcoming their social anxiety," Dr. Daza said.

Refuge Recovery and SMART Recovery meetings as well as traditional 12-step meetings at Menninger allow these patients to sample the options for the wellness aftercare plan to manage their social anxiety and substance abuse.

To discuss a case for assessment or intensive treatment, our admissions coordinators are available daily from 8 am to 10 pm at 713-275-5140.

COMPASS PROGRAM CASE EXAMPLE

Addressing Anxiety, Dissociation & Fantasy

The following is an example of what you may find in a summary report when Compass hands off an emerging adult to his/her mental health professional or provider for continuing treatment.

When Eric admitted to Compass at age 19, he had experienced major depression and severe anxiety since childhood. He had started to drink at an early age and, while a high school freshman, he had completed eight weeks of treatment for alcohol use. After about two years of sobriety, he relapsed again during his senior year of high school, losing his friends and motivation, struggling significantly with a break-up.

He moved back home during the summer but had no friends and felt isolated. He started college with the worry that he wouldn't make any friends. His anxiety led to avoidance of social situations. He also struggled with wanting to maintain his sobriety. In his mind, if he stayed away from peers he would not be tempted to drink, which intensified his isolation and led to increased depression,

low motivation and energy, decreased appetite, weight and thoughts about dying by overdosing on Trazodone. His psychiatrist and his parents had agreed that Eric needed more help than medication.

Psychological Testing & Findings

The results confirmed that Eric felt a great deal of anxiety and depression, with even minor stress or interaction generating fear, helplessness, distractibility, persistent fatigue and tension as well as insomnia. His depressive symptoms were fueled by guilt, sadness, rumination, depersonalization, emptiness and suicidality. Combined, his anxiety and depression left him with impaired concentration, motivation and other difficulties.

To cope, Eric distanced himself from his emotions, both internally and with others. Emotions that surface left him feeling confused and struggling to make sense of them. Consequently, Eric diverted his attention away by avoiding people and situations or by managing overwhelming feelings by drinking.

He viewed himself as inferior to others. Though he has high expectations for himself he typically minimized his accomplishments. With his negativity this high, Eric's view of reality became limited.

Individual Therapy

Eric and his individual therapist met for 14 sessions. Despite strong fears of being labeled as crazy, he took the risk of

understanding himself better. Admittedly, Eric said he often experienced tension and restlessness, and rarely felt comfortable except in his fantasy.

Emotionally, he found himself feeling too little and too much. In their sessions, Eric and his therapist identified ways he could tolerate staying present. He worked hard on the techniques, and he learned from past experiences with his family and friends that he needed to share his mind with others to gain perspective for developing emotional clarity. His agreement to continue treatment in a structured setting demonstrated how much progress he had made.

Nursing & the Milieu

While with Compass, Eric became increasingly engaged in the milieu and in groups. He discussed his treatment with Compass' nurses and learned from them how to improve his sleep.

Medication

The team's psychiatrist added Effexor to Eric's regimen of Risperdal. After significant weight gain, Risperdal was discontinued and replaced with Abilify, which Eric tolerated well with a healthy diet and added exercise.

Diagnoses

- Primary: generalized anxiety disorder
- Additional: Avoidance personality disorder; major depressive disorder, recurrent; depersonalization/derealization disorder; and alcohol use disorder, severe



All ECT, TMS and ketamine therapy are provided in a relaxing, state-of-the-art procedure and recovery suite. Under the direction of M. Justin Coffey, MD, the Center for Brain Stimulation utilizes a family-centered approach, which results in greater patient satisfaction and treatment outcomes. These services are available to clinically qualified outpatients and inpatients. Screenings and information are available at brainstim@menninger.edu.

Center for Brain Stimulation Expands Services to Include TMS and Ketamine Therapy

Menninger began offering electroconvulsive therapy (ECT) when it launched its Center for Brain Stimulation in 2015. Recently, The Clinic introduced transcranial magnetic stimulation (TMS) and ketamine therapy so that individuals with difficult-to-treat disorders, including treatment-resistant depression, have a wider range of evidence-based treatment options that may bring relief.

Led by Medical Director **M. Justin Coffey, MD, FAPA, CHCIO**, the Center offers these services to both inpatients at Menninger and also to outpatients. Patients are typically referred by their mental health provider, though they also self-refer.

Dr. Coffey is board certified in both psychiatry and neurology and has a research interest in family-centered care. As a result, the Center's staff focuses heavily on engaging patients and their loved ones as members of the care team.

Transcranial Magnetic Stimulation
Like ECT, TMS is an evidence-based, noninvasive procedure that is an extremely safe and effective treatment for certain psychiatric disorders, including severe or treatment-resistant depression. It may be an alternative for patients who cannot tolerate the side effects of medications or

whose symptoms have not been helped by other forms of treatment. TMS is FDA-approved for the treatment of major depression and may also be effective for reducing symptoms of anxiety, OCD, PTSD and addiction.

TMS usually involves a series of 20-30 treatments for maximal benefit. While typical courses of TMS last six weeks, the Center's cutting-edge TMS technology reduces this time in half. Sessions are approximately 40 minutes each and are administered five days a week. Since no sedation or general anesthesia is required, there is no recovery time, and patients can return immediately to their usual activities.

Ketamine Therapy

Ketamine therapy is a cutting-edge treatment that offers the possibility of rapid symptom relief.

Approved by the FDA for use as an anesthetic, ketamine is a medication that is used "off label" to improve symptoms of depression and other psychiatric disorders. With this therapy, very low doses of ketamine are administered through an intravenous infusion.

Although ketamine is not approved by the FDA as a treatment for psychiatric conditions, a rapidly expanding body of research suggests that it is safe and effective in treating certain psychiatric conditions, including depression, posttraumatic stress disorder and some forms of chronic pain.

Research also indicates that about one third of individuals experience

improvement in their depression symptoms – with many experiencing rapid relief.

Another benefit to ketamine therapy is that individuals know quickly if it will be effective for them. Usually, one infusion is enough to determine if additional infusions are warranted.

Ketamine therapy is a cutting-edge treatment that offers the possibility of rapid symptom relief.

The Center for Brain Stimulation offers individualized care, which means that the number of ketamine treatments recommended will vary by patient. However, patients with depression typically receive treatments two to three times per week for a total of six treatments.

Ketamine treatments are given by a specialized team consisting of a registered nurse, a neuropsychiatrist, and an anesthesiologist. Each treatment generally lasts for 40 minutes and takes place in Menninger's outpatient setting.

For a consultation regarding ECT, TMS or ketamine therapy, or to make a referral, call 713-275-5328 or email brainstim@menninger.edu.

Clinic Expands Outpatient Assessments Team

Menninger continues to expand its outpatient assessment team to meet demand for its four and one-half-day (4.5-day) outpatient psychiatric assessment. The assessment is designed to help adults, young adults, adolescents and children who need a greater understanding of their psychiatric symptoms and core issues. It also helps referring clinicians who want to offer their clients a second opinion or an alternative to inpatient care.

Led by **Jonathan R. Stevens, MD, MPH**, chief of Outpatient Services and chief of Child & Adolescent Psychiatry; **Harrell Woodson, PhD**, associate chief of Outpatient Services; and **Megan Kale, LCSW**, director of Outpatient Assessments, the team has grown to include the following clinicians who lead assessments:

- **Orion Mosko, PhD**, has nearly 20 years of experience providing assessment, consultation and treatment for individuals, couples, families and groups suffering from mental health problems and substance use disorders. Dr. Mosko's expertise includes psychological evaluation, psychoanalytic-informed personality assessment, spiritually integrated psychotherapy, recovery from marital infidelity and men's issues.

He earned his doctorate in clinical psychology from the University of Texas at Austin and his undergraduate degree in psychology from the University of California at Irvine. He completed postdoctoral fellowships in clinical psychology at Baylor Scott & White Health (Texas A&M Health Science Center College of Medicine) and The Menninger Clinic (Baylor College of Medicine). In addition, he completed a doctoral internship at the University of Texas Health Science Center at San Antonio School of Medicine.

Dr. Mosko is an assistant professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine.

- **Amy Vyas, MD**, is a board-certified psychiatrist and assistant professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine. She has presented and published on psychotherapy, childhood maltreatment, non-suicidal self-injury, and trauma and resilience.

Dr. Vyas completed a fellowship in child and adolescent psychiatry and a general psychiatry residency at The Menninger Clinic (Baylor College of Medicine). She earned her medical degree from Tufts University School of Medicine in Boston and her undergraduate degree from Duke University in Durham, N.C.

- **Alton Bozeman, PsyD**, provides psychological, developmental and neuropsychological assessment of children, adolescents and adults, as well as individual therapy. He is noted for his expertise in autism assessments and interventions.

His previous employment includes The Harris Center (formally MHMRA), as well as a private practice in the Houston area for more than 10 years. Dr. Bozeman is currently a staff psychologist at Menninger who divides his time between the Bellaire location of Menninger Outpatient Services and the main campus.

Dr. Bozeman earned his doctorate from the Chicago School of Professional Psychology and his undergraduate degree from Texas Christian University in Fort Worth, Texas. He completed a predoctoral internship in pediatric neuropsychology at University of Miami/Jackson Memorial Hospital and a postdoctoral fellowship at Canyon Lakes Residential Treatment Center in Lubbock, Texas.

Dr. Bozeman is an assistant professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine.

- **Noor Ferrell, DO**, is board certified in psychiatry and neurology; her interests include psychodynamic psychotherapy, group therapy, evidence-based medication management, anxiety, depression, palliative care and trauma-related illnesses. She is also trained in reproductive mental health.

After graduating from Emory University in Atlanta, Dr. Ferrell attended medical school at Ohio University College of Osteopathic Medicine. She completed the psychiatry residency at Baylor College of Medicine, where she served as the chief resident of the Baylor Psychiatry Clinic.

Dr. Ferrell is an assistant professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine.

Referring a patient or client to our Outpatient Assessment team is easy; just call 713-275-5140 or email Director **Megan Kale, LCSW**, at mkale@menninger.edu.

Quality Care Recognized

A trio of reviews from peers from the mental health community reflect on the quality of care Menninger faculty and staff provide to patients.



Re-accreditation from The Joint Commission in November 2017 illustrated Menninger's constant preparedness and dedication to providing the best practices in psychiatric care. Surveyors recommended that clinicians submit best practices to The Joint Commission's website and peer-reviewed journal to spread those approaches throughout hospital treatment.



For the fourth consecutive time the excellent nursing care environment provided by our nurses and mental health associates received the American Nurse Credentialing Center's Pathway to Excellence® re-designation. Menninger was the first freestanding psychiatric hospital to earn the designation and now is one of just 140 hospitals nationally to qualify for this status.

Pathway validates that our nursing care environment excels at six rigorous standards.

- Shared decision making
- Leadership
- Safety
- Quality
- Well-being
- Professional development



Psychiatrists nationwide recognized Menninger for difficult psychiatric cases for the 28th consecutive year in U.S. News & World Report's annual Best Hospital survey. This year, Menninger ranks #3 nationally. The vast majority of inpatients has more than one diagnosis, has had multiple hospitalizations elsewhere and at least four psychiatrists or therapists.

Name Change Reduces Stigma for Patients

Without a doubt, stigma still affects Americans seeking mental health care.

Business owners, C-suite executives, academics and others who seek to understand themselves better and recover from their psychiatric issues and stress in their lives are quick to share ways we can improve our treatment services. They view mental illness and addiction as an opportunity for improvement rather than a crisis. We have listened and have recast our specialty program for these professionals from Professionals in Crisis to the Program for Professionals.



Albanese

“Our program has a long history of the treatment team meeting professionals where they are, and this change is significant for how they view the therapy they

do here with us. We are very focused on enhancing each professional’s well-being so they can either continue in their personal and professional roles or they can choose a new path for themselves,” explained **Roberto Albanese, MD**, medical director.

Our Program for Professionals bases its treatment approach on six pillars:

1. Individual therapy, which is available three times a week
2. Educational and process groups with specialties in shame, resiliency, suicide, DBT, mentalization, trauma and addictions
3. Therapeutic milieu in which the patients seek and give emotional support to each other in a supportive climate that cultivates change
4. Family therapy with the individuals in the patient’s immediate support network
5. Psychopharmacology based on results of genetic testing
6. General medicine and physical fitness for long-term well-being

The interdisciplinary treatment teams are led by physicians and include 24-hour expert nursing care from registered nurses who are nearly all board certified.

This change is significant for how patients view the therapy they do here.

– Dr. Roberto Albanese



BRIDGE

Survey of Students Underscores Need for Social & Emotional Support

Results from our first BridgeUp Healthy Kids Survey (BUHKS) of middle and high school students from Houston’s vulnerable communities where socio-economic challenges are acute shows a need for social and emotional programming and support services.

BridgeUp at Menninger is a privately funded collaborative that integrates evidence-based social and emotional learning (SEL) curriculum into classroom instruction and after-school programs to help vulnerable students succeed. All local student respondents to the survey participated in programs funded by BridgeUp at Menninger.

Patricia Gail Bray, PhD, director of BridgeUp at Menninger, says that while 31 percent of students surveyed scored high in social and emotional health, she is concerned about the 27 percent of students who reported chronic sadness or hopelessness and the 12 percent who seriously contemplated suicide within the past year.

BridgeUp at Menninger and collaborating schools and local organizations are using the survey data to make informed decisions about additional supports needed at the school and program level to improve social and emotional well-being. Some school administrators are hiring more school counselors while others are examining how to encourage more students to meet with the counselors.

Each of the BridgeUp at Menninger partners has a system in place so students can receive mental health and social support services. In the 2016 school year, 33 percent of the BridgeUp students were referred to mental health providers or social services.

Additionally, BUHKS survey data will guide further development of the BridgeUp at Menninger model so it can be replicated on a larger scale in Houston and beyond, Dr. Bray said. BridgeUp at Menninger is funded by a \$7.5 million grant awarded to Menninger by the David and Helen Gurley Brown Trust. Nationally known media giants, David was in filmmaking and Helen was publisher of *Cosmopolitan* magazine.

Demand for Inpatient Psychotherapy Increases

Many of our inpatients elect to work intensively on their core issues while at Menninger. At any point in their treatment process, patients can receive up to three individual sessions weekly with their psychotherapist.

Greater availability of individual sessions suits some patients who

prefer that over process groups. Others want to accomplish as much as possible with their Menninger therapist.

The hospital environment provides the safety, structure and support 24/7 from the treatment team and within the patient community that’s needed for the intensive therapy. After each session, psychotherapists across all Menninger programs communicate with each treatment team to ensure the patient is cared for in the milieu as needed.

Family Education Day Strengthens Support System

Senior members of our treatment teams offer a full day of presentations that provide patients' immediate family members with an understanding of Menninger's treatment approach and appreciation for the value of their support in the healing process.

"Fantastic and informative. Really a must for all families."

– Source: Comment from recent participant's survey

Family members participate free of charge during or after their loved one's treatment stay. Social workers also meet with the families over lunch, and the presenters encourage interaction. The Family Education Day program and schedule are available on our website: <https://www.menningerclinic.com/admissions/family-education-day>.



Besides their patients, the infants of new parents were on the minds of Nurses Sarah Waterwall, left, Eric Cool and Lauren Spring, who were among the Hurricane Harvey Heroes honored by the Texas Nurses Association.

Texas Nurses Association Honors Hurricane Harvey Heroes

Hurricane Harvey churned into an unforgettable event for the Gulf Coast of Texas and Louisiana. Texas Nurses Association and the District 9 Houston area leaders made sure that the nurse heroes were not forgotten.

Five Menninger nurses were honored recently among dozens of Hurricane Harvey Nurse Heroes from the city that is home to the largest medical complex in the U.S., the Texas Medical Center.

- **Eric Cool, BSN, RN-BC, CARN, Lauren Spring, BSN, RN-BC, and Sarah Waterwall, BSN, RN-BC** – Like many others, they left their families for days to care for patients in 12-hour shifts and catch sleep in an empty room on their unit. Each had an infant child at home less than six months old; two were nursing mothers.
- **Carolyn Cullors, BSN, RN-BC** – While the bands of Harvey's rain

came like train cars, so did the tornado warnings around Menninger. Nurse Cullors eased the anxiety of the patients through the seemingly unending tornado warnings and patients who were concerned for their own families who were in harm's way. When nursing relief arrived on the third day, she discovered street flooding closed all possible routes to her home. So she returned to Menninger and worked 24 of the next 48 hours.

- **Marilyn Warnock, RN** – Prior to the storm, Nurse Warnock had worked the nightshift for months. Normally a dayshift charge nurse, she continued to work nights as well as start IVs for procedures in the Center for Brain Stimulation. She kept working 12-14 hours and didn't return home until the evening the sun broke through the clouds. Nurse Warnock was a bright spot for patients throughout the storm. In fact, patients thanked her for keeping them informed about the hurricane, sitting with them to talk and providing extra activities.

We're Hiring

Menninger and Baylor College of Medicine (BCM) are recruiting for the following positions. Each psychiatrist and psychologist will work full time at The Menninger Clinic and hold a faculty position in the BCM Department of Psychiatry & Behavioral Sciences.

- Two staff psychiatrists (associate or assistant professor) – one position assigned to an adult inpatient program and one float position for hospital coverage
- A staff neuropsychologist (associate professor) – assigned to the inpatient comprehensive assessment program for adults
- A child psychiatrist (assistant professor) – assigned to the inpatient adolescent assessment and treatment program
- Two staff psychologists (assistant professor) – one position assigned to an adult inpatient program and one float position for hospital coverage

Please encourage colleagues who may be interested to contact **Liz Golmon** for information about how to apply at lgolmon@menninger.edu or 713-275-5016. Golmon is associate director in Menninger's Medical Staff Office.



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Connections



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Cover Story

Menninger Launches New Program to Help Adults in Their Homes, Communities



Menninger clinicians participated in a drumming session with Bill Matney, at right, who shared his expertise in helping caregivers with self-care by creating music together. The American Music Therapy Association sponsored Matney's trip to Houston to work with caregivers from Texas Medical Center member institutions in the wake of Hurricane Harvey.

Matney is an assistant professor in the University of Kansas' Division of Music Education and Music Therapy and specializes in helping communities affected by natural disasters. Working with Matney are Compass team members from left, Chris Webb, Torresy Smith, Deeba Ashraf, Lenni Marcus, Kula Moore, Sonia Roschelli and Devi Bhuyan.

Sean Astin to Headline May Luncheon

Son of legendary actress Patty Duke, Sean Astin will discuss his mental health advocacy May 3 as the keynote speaker at Menninger's annual signature luncheon at Houston's Westin Galleria Hotel.

To reserve a table or individual seats, contact Charlotte Fostey at 713-275-5617 or events@menninger.edu.

Astin's mother experienced bipolar disorder and depression. In his acting career, Astin has had the opportunity to portray characters who personify hope, determination and loyalty, from his role as the title character in "Rudy" to playing Samwise Gamgee in "Lord of the Rings," Mikey Walsh in "The Goonies" and, most recently, Bob Newby in Netflix's "Stranger Things."

Follow Menninger on Social Media

Did you know Menninger is active on [Twitter](#), [LinkedIn](#), [Facebook](#) and [YouTube](#)? Well, we are, and we invite you to follow us on any or all of those social channels. We post regularly on a variety of mental health topics, educational activities and news, as well as events we'll be attending or sponsoring. Follow us today!

Sign Up for Menninger E-newsletter

We welcome all mental health professionals and treatment centers to sign up for our twice-monthly e-newsletter. If you aren't already receiving these in your inbox, simply send your name and email address to Bree Scott, bscott@menninger.edu.

Calendar of Events

February 14-17
Nevada Psychiatric Association's (NPA) 23rd Annual Psychopharmacology Update Conference
• Parish Hotel and Casino, Las Vegas
• Visit Larry Mendoza at the Menninger exhibit.
• For more information, visit www.nvpsychiatry.org.

February 23-25
Elevate by Psych Congress Conference
• JW Marriott Austin, Austin, Texas
• Visit Bree Scott at the Menninger exhibit.
• For more information, visit: www.psychcongress.com.

February 28-March 3
American Group Psychotherapy Association (AGPA) Annual Meeting
• Westin Galleria & Westin Oaks Houston Hotel, Houston
• Visit Bree Scott at the Menninger exhibit.
• For more information, visit: www.agpa.org.

March 6
Southwest Regional NATSAP Conference
• St. George, Utah
• Visit Larry Mendoza at the Menninger exhibit
• For more information, visit: www.natsap.org.

March 24
Texas Oncology's Survive & Thrive Symposium
• Royal Sonesta Hotel, Houston
• Menninger's Robert Albanese, MD, will present on "Being Well: Addressing the Fear of Recurrence."
• For more information, visit: www.texasoncologyfoundation.org.

April 13-15
Texas Society of Psychiatric Physicians (TSPP) and Texas Academy of Psychiatry's Spring Committee Meetings and CME Program
• Westin Austin at the Domain, Austin, Texas
• Visit Tyler Burnett, LCSW, at the Menninger exhibit.
• For more information, visit: www.txpsych.org.

April 25-28
Federation of State Physician Health Programs' Annual Education Conference
• Embassy Suites Charlotte-Concord Golf Resort & Spa, Concord, NC
• Visit Susan Nelson, MS, at the Menninger exhibit.
• For more information, visit: www.fsphp.org.

May 4
National Alliance on Mental Illness, (NAMI) Gulf Coast Mental Health Education Conference
• Nessler Center, Texas City, Texas
• Visit Bree Scott at the Menninger exhibit.
• For more information, visit: www.namigulfcoast.org.

May 4-5
44th Annual Conference on Addiction Studies
• Westin Hotel at Memorial City, Houston
• Visit Bree Scott at the Menninger exhibit.
• For more information, visit: www.houstonchaptertaap.com.

May 5-9
American Psychiatric Association Annual Meeting
• Javits Convention Center, New York City
• Visit Stephanie Cunningham at Menninger's corner exhibit, #1514.
• To register, visit: www.psychiatry.org/annualmeeting