



## 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 APP 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 six hours at the Froedtert Emergency, we were released only to return to the Eye Institute early the next morning for appointments with the specialists. I'm happy to report that the family member is doing well and we're all "grateful" for the quick diagnosis and follow-up treatments. I'd be remiss if I didn't reference the outstanding care provided by both Froedtert Emergency, Ophthalmology on-call service, and the Eye Institute physicians and staff. Thank you!

I'm grateful for having the ability to access a premier health organization as described above. Thank you!

I'm also grateful for the opportunity to work within the Department of Psychiatry and Behavioral Medicine alongside dedicated employees that have a common goal of supporting our missions and more importantly, each other. Thank you!

I'll take this opportunity to express my sincere gratitude for all your support.

Sincerely,



Gary Koenig  
 Department Administrator  
 Department of Psychiatry and Behavioral Medicine; MCW

**PSYCHED is a publication of the Department of Psychiatry and Behavioral Medicine, Medical College of Wisconsin.**

**Jon A. Lehrmann, MD, Chairman and Professor**  
**Editorial Team: Joy Ehlenbach • Dawn Norby**



## JEDI Leadership

### Gratitude: An essential ingredient in the art of living

When I first received a request for an essay on gratitude for this publication, my initial response was to groan. If I am being totally honest, I am not in the most grateful place at present. But this got me thinking about why. Historically, I would say I am consciously a deeply grateful person. I have spent a lifetime grateful for my parents, both of whom I lost much too early in life, but nevertheless were such amazing people, that I would still take the deal of having them for a short time over anyone else for a longer journey. I can honestly say that everything I have accomplished in my life was built upon the foundation I received from them. More importantly, they remain, decades after their deaths, my clearest guidepost for navigating this incredibly complex and daunting world. I have always been deeply humble and grateful for the gift of their love but it is equally true to say that the work I chose to do has only underscored my gratitude. I know more than others, that not everyone is so lucky in their families of origin.

As it tends to happen, our early life puts us on a path. In my case, one of the consequences of being loved and parented so well is that I have the capacity to love others well and the capacity to allow others to love me well. In a world where fame, fortune and beauty are revered as the height of success, I have always known better. I am the most fortunate of people.

This leads me back to my question then, why was my response to this article a groan. Much has been said about the past few years and the impact of a global pandemic on people. In our field, we have discussed loneliness and disconnection and its impact on people's mental health. As an organization, we have discussed remote working and its impact on organizational cohesion. But for me, a reflection on gratitude has made me aware that the symptom I have developed because of our collective trauma, is an atrophy of my generosity towards others. I have retreated into myself as a survival strategy, and I did not realize until now the personal harm that has caused. My state of gratitude fuels my desire to share what I have to offer with others, and my generosity increases my gratitude and happiness. They feed each other. This reflection reminds me that I have been feeling rather starved by life and the treatment plan is not to wait until life gets less scary, but rather to start reigniting my spirit of generosity.

So, let me say thank you to the Department for the invitation to explore the topic of gratitude to remind me of this essential ingredient in the art of living.

Lisa Roehl, MA, LPC  
 Social Worker II  
 Department of Psychiatry and Behavioral Medicine; MCW



## Research Notes A Hidden Gem

Don't we all see that our daily routines can often make us less sensitive, caring less about what surrounds us. Don't we all tend to nourish our egos and prioritize selfness over others? But at the same time, don't we all easily remember and admire someone who came to help us when we needed it the most? Didn't we enjoy it when we could help someone when they needed our help? Safe bet, most of us remember all these experiences.

So, does gratitude make a difference? It does, indeed, but how? The true meaning of gratitude is a simple act of kindness which is in the very nature of being a human; this is an energy that comes from inside of us. What's important, this energy drives us beyond the status quo, and it's free! Humans have always been in an external search for perpetual motion, but we often fail to realize that it can be inside! Thus, gratitude is true gold, a true value that each of us can access any time.

I grew up in Armenia and, as a kid, I always wondered why people, even who knew each other only casually, often used the phrase, "tsavt tan-ém." It didn't make a lot of sense, as its meaning was "let me take your pain away." Why would I want someone else's pain? Well, only later did I understand it, and that this is exactly a phrase that shows true, pure gratitude. Both saying and hearing this simple phrase means so much and conveys human respect.

Gratitude is a concept that has long been addressed by all major religions, and one can see that all major faiths encourage gratitude in different dimensions, and this truly resonates with us. Gratitude is deeply embedded in the social sciences which explain how *mutual gratitude* benefits human relationships. In psychological studies, gratitude has been shown to help with improving one's self-esteem, increasing mutual support, and improving the quality and satisfaction with relationships. Sociological theories address gratitude in the contexts of social exchange, social solidarity, and even social structure, creating the notion of gratitude being welded in the very structure of a community and a society overall. Gratitude is also very important for philosophy, economy, culture, and many other aspects of our lives.

I am personally grateful to the fantastic people I have had a chance to work with at CAIR for over 23 years, and more broadly in the Department. I am privileged to recognize that many of you played such an important role in not only my career development but also in helping me grow as a human. Importantly, I recognize the great impact of my colleagues regardless of their official positions and roles. Even in my day-to-day work, when things get boring sometimes, it invigorates me to remember that this—my dream career—came true, and that I am respected by my colleagues within MCW and beyond. I feel their gratitude, and this makes me even more grateful. In summary, this is just a reminder that each of us has this little gem called gratitude. Say thank you, and mean that, or even go beyond. And this will change the world.

Yuri A. Amirkhanian, Ph.D., Professor  
Director, International Research Core  
Department of Psychiatry and Behavioral Medicine



## VA Notes

### Gratitude from Green Bay

Our VA Mental Health Outpatient Clinic in Green Bay, Wisconsin has experienced quite a few occasions for gratitude lately. In the last several months, we've had back-to-back celebrations for Social Work Month, Psychology Week, Physician's Day, and Nurse's Month to honor our incredible team of Mental Health providers that work exceptionally hard with a challenging population. Our clinic favors the pot-luck style of celebration and with the pandemic declared over, the maskless celebrations have been amplified. From breakfast potlucks to taco bars, our department knows how to show gratitude with flair. This is a team that shows up for its patients and shows up for each other, which makes this mission all the more meaningful. We also have an upcoming opportunity to celebrate the retirement of one of our psychologists who has given 26 years to federal service with the whole clinic headed to Copper State Brewing Company for an evening of fun to share our gratitude.

Our clinic also recently celebrated being awarded funding through the Women's Health Innovation and Staffing Enhancement (WHISE 3.1) grant which will allow our facility to grow our Eating Disorder Program across Milwaukee and the NEWAC VA clinics. We are grateful for the opportunity to address an unmet need and rally resources to create a robust multidisciplinary program that will make a lasting impact. Along with that, we were recently told that a Special Salary Rate Increase was approved for Psychologists in VA! We are grateful that this allows our psychologists to be recognized and will also positively impact our recruitment efforts for numerous open positions.

As we near the end of the academic year, we say goodbye (with grateful hearts) to our N.E.W. MCW PGY 2 Psychiatry Residents who've been in clinic all year and we are preparing to welcome the new class into the fold. While transition can be difficult at times, we are focusing on our gratitude for the opportunity we had to teach and to learn from these brilliant minds and we are thrilled to see what the next academic year will bring. And finally, since Green Bay, WI was just named "Best Place to Live 2023-2024" by US News and World Reports, we are grateful to head into summer, living in this place that "has the perfect mix of big-city amenities complemented with a Midwestern, small-town feel." When we stop to look for it, opportunities to dwell in gratitude are plenty.

Samantha Wildeman, Psy.D.

OPMH Program manager  
Staff Psychologist  
Milo C. Huempfner VA Health Care Center, Green Bay, WI

Director of Therapy Education & Faculty Development  
Assistant Professor  
Medical College of Wisconsin  
Northeast Wisconsin Psychiatry Program



## 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 instead energized and galvanized. We should all hold gratitude for each other, for the work we do, and for those willing to continue to lead, advocate, and rally academic medicine into the future. I am grateful for each of you and your role within this amazing academic medicine world.

Jennifer Apps, PhD  
Professor  
Vice-Chair of Faculty Development  
Department of Psychiatry and Behavioral Medicine; MCW



knowledge changing life



## Clinic Notes On Gratitude

When Dr. Heinrich asked me 4 years ago if I would be interested in the position of Medical Director of the Tosa Center Psychiatry and Behavioral Medicine clinics, it was an easy yes for me. This was because Tosa Center was being run by Bob Huberty and his team-evidence based practice, balanced with practice-based evidence. I still remember the day I approached Bob and said to him something like this ‘I have a patient, I would like to make certain recommendations, the patient may not like it, and it might lead to some high-level complaints...’ Without batting an eyelid, he asked ‘The recommendations you are thinking of, is that what’s best for the patient?’ “In my clinical opinion, absolutely” I replied. ‘Well then, bring it on,’ he replied, and walked off with his gentle smile. **I am grateful for the wind beneath my wings.**

As an immigrant from New Delhi, and the first person in my family ever to hold a professional degree, I have been far more fortunate than I could ever imagine. I have been bestowed privileges beyond my wildest dreams, including the opportunity to write this piece. Even though there are undoubtedly moments when I take such things for granted, writing for this edition of PSYCHED reminds me that I must never forget the community that makes all of my dreams possible. When I pause and ponder, I realize how large this community is - my family, my friends, my colleagues and collaborators in my clinical practice, my fellow instructors, coordinators and mentors in education, kind and constructive manuscript reviewers, gracious hosts at seminars, my beloved students who inspire me to keep learning. These are all but a fraction of the village that has raised this child. These people and ideals are the wind beneath our wings, they lift us up and make us look good. I am eternally grateful to be surrounded by like-minded individuals who share similar stories, and we remind each other of how fortunate we are.

### **I am grateful to serve.**

In the year 2000, I contracted chicken pox. As I lay in my bed, delirious and febrile, all I could think of was how good it felt to get a 3-day break from my relentless intern duties; in India, a 12-month internship is mandatory after 4.5 years of medical school. That was the hardest I had ever worked in my professional career. Until COVID. The pandemic made me realize the toll that such relentless emotional effort can take on you - it brought me to my knees. Like a tsunami, the emotional and behavioral after-effects of this global calamity continue to drench the mental health community. In the wake of large-scale regression within our patient population, as a clinical administrator I have found myself adopting the adage ‘we are here to serve you; however, we are not your servants.’

In spite of it all, the resounding truth is that the opportunity to serve my patients, my students and my community remains the greatest honor of my life, only surpassed by the magnanimity of the love given to me by my family.

Himanshu Agrawal, MBBS, DF-APA  
Associate Professor, Department of Psychiatry and Behavioral Medicine; MCW  
Medical Director – MCW Psychiatry and Behavioral Medicine Clinics at Tosa Health Center



## Notes from Well Being Leadership

### The Importance of Giving and Receiving Gratitude

The workplace can be unlike many other parts of our lives – where else do we spend so much of our time throughout the week? Therefore, it can be influential in our lives, in both negative and positive ways. The 2022 American Psychological Association’s work and wellbeing survey found 81% of workers agree-to-strongly agree that how employers support their mental health is an important consideration for them. While there are many ways for this to occur, one way is by fostering gratitude.

There is a vast array of research that shows an association between gratitude, defined as “an appreciation of what is valuable and meaningful to oneself/general status of thankfulness or appreciation” and wellbeing (Sansone RA, Sansone LA. Psychiatry (Edgmont). 2010 Nov;7(11):18-22). According to the Mayo Clinic, “expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease” (Logan A. Speaking of Health. Tuesday, December 6, 2022). However, these benefits come with intentional effort – we need to practice gratitude!

This May, 35 people (staff, faculty, administration) throughout our department completed a brief, emailed survey to note what they are grateful for, and how they practice gratitude. Here is a composite list of the responses:

#### What I am grateful for:

- Support from colleagues and/or supervisors
- Being recognized, appreciated, respected
- Having autonomy and flexibility
- Making contributions
- Community/Family
- Health

#### How I practice gratitude:

- Good, positive attitude
- Praise, affirmations
- Saying please or thank you
- Acts of kindness
- Commitment to my work

Since actions influence how we think and feel emotionally and physically, it is important that we regularly identify what we are grateful for, as well as be part of a community that expresses gratitude to us. In fact, research has found that when recognized by peers or supervisors, people’s positive psychological functioning improves (Merino MD, Privado J. Span J Psychol. 2015 Sep 14;18:E64). For these reasons, continue to express thankfulness to those you work with, nominate someone for our Above & Beyond Award, and be sure to take time to note what you are thankful for – it could very well make an important difference in your or someone else’s wellbeing.

Larry Miller, PsyD  
Associate Vice Chair of Wellbeing  
Department of Psychiatry and Behavioral Medicine; MCW



## Clinical Notes The Act of Gratitude

Gratitude is a powerful word that describes an action and subsequent emotion that benefits both the bestower and the recipient. The act of gratitude has the potential to open goodness in our lives. Simple gratitude is one of the most underestimated ways to enrich ourselves and enhance others wellbeing. It is the feeling of appreciation and thankfulness for the positive acts that we give and receive in our lives. Science has repeatedly demonstrated that individuals who took time to express gratitude were happier and healthier, with enhanced vitality and longevity. This essay, however, is not about the science behind the benefits of gratitude. It is about the role it plays within the practice of academic medicine. – It is about our patients.

In the profession of medicine, whether serving in a clinical or administrative role, one quickly learns that how we interact with our patients (not consumers) is critical. These interactions, both big and small, are critical to both the patient’s sense of appreciation and caring and our sense of purpose and professionalism. They are why we are here. This may not be true for everyone, but in my experience, it is true for most people within our Department of Psychiatry and Behavioral Medicine.

Expressing gratitude in words and deeds towards our patients can be done in many ways, including:

- Demonstrating respect and appreciation for the stories
- Expressing thanks for being allowed to be part of the care team
- Doing our job to the best of our ability
- Acknowledging the patient’s accomplishments and understanding their opportunities for improvements

The above are just some of the ideas on how you can show your thankfulness. It is not the idea that matters; the key is that you do something that your patient will accept and remember your gratitude.

Patients teach us lessons, both large and small. Therefore, starting now, please do something positive to express your gratitude to the people who have guided us through our professional journeys. A note above, this can start with a simple “Thank you.” This small act may profoundly change your patient’s view towards healthcare and may even change their life.

I end this essay with my dedication of gratitude in the opening pages of the first (and hopefully last textbook) I ever coedited...

*To the teachers who have taught me to learn  
To my family who has allowed me to learn  
To the students who have motivated me to learn  
To the patients who have inspired me to learn  
And to the baristas who have kept me awake to learn*

Although simplistic and lighthearted, it remains as true as the day I wrote it many years ago.

Tom Heinrich, MD  
Professor and Executive Vice Chair  
Vice Chair of Clinical Affairs Consultation-Liaison Psychiatry  
Division Chief Department of Psychiatry and Behavioral Medicine;  
MCW

## 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 Lelchuk, 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  
Jared West, 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  
Hal "Fletch" Starnes, MD  
Won Huh, MD

### CHILD AND ADOLESCENT PSYCHIATRY FELLOWSHIP

Joshua Shupe, MD  
Julie George-Grosskopf

### FORENSIC PSYCHIATRY FELLOWSHIP

Luba Katz, DO  
Margaret Kaiser, MD

### HEALTH PSYCHOLOGY FELLOWSHIP

Matthew Reiland, Ph.D.  
Adam Everson, Ph.D.

### HEALTH PSYCHOLOGY RESIDENCY

#### Adult

Kristin Dowe, M.S.  
Brooks Harbison, M.A.  
Hannah Hinkel, M.A.  
Shawntell Pace, M.Ed.

#### Pediatric

Sarah Boeding, M.S.  
Kimberly Brown, M.A.  
Meghan Flannery, M.A.  
Chelsea Torres, M.A.

### MILWAUKEE RESIDENCY

Jordyn Anklam, MD  
Abigail Duerst, MD  
Alicia Ivory, MD  
Anna Laskaris, DO  
Hannah Mercier, MD  
Tanya Omar, DO  
Brittany Thompson, MD  
Benjamin Wrucke, MD

### MILWAUKEE MED-PSYCH RESIDENCY

William Graft, MD  
Daniel Pham, MD

### NORTHERN WISCONSIN RESIDENCY

Jordan Franchina, MD  
Brooke Muskevitsch, MD  
Luke Schuh, MD  
James Schulgit, DO



## 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**  
Assistant Professor  
Consultation Liaison Division  
Froedtert Hospital

#### *What is your educational background?*

I completed my medical school in Colombia, South America, where I was born and raised. I completed my residency and fellowship training in Consultation Liaison with MCW in 2021.

#### *How long have you worked at MCW?*

I started to work as an attending in November 2022, my clinical effort is distributed between inpatient and outpatient.

#### *Describe your typical workday.*

Every day is a different day! The weeks I cover the inpatient consult service at FH, we see patients with complex medical diagnoses and concomitant psychiatric conditions. I work with residents and medical students rounding as team and taking cases as learning opportunities. I have a couple outpatient clinics, perinatal and epilepsy, I see those patients in their respective departments and collaborate with primary providers managing mental health co-morbidities.

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

I like the variety of different settings and complex conditions; this keeps the surprise and challenge going. I like working with trainees to stay up to date. Mental health is so complex and unique that you would never get bored; this keeps me interested every day.

#### *Tell us about life outside of MCW.*

My family keeps me busy most of the time if I am not at work. I spend time with my husband and my two boys. We enjoy traveling, gardening, hiking, raising butterflies and bees. I am an orchid lover and most recently pottery amateur. My dog likes to run around the neighborhood to keep me in shape. Just for fun—what are your favorite movies, books, music? My favorite book is *The Little Prince*. I am a Marvel fan and watched all the movies in the timeline order. I also love every single Disney movie. We are music lovers, so we go to the orchestra as well as musicals.

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

I am currently the room parent for my 2nd grader, and I love to participate in school activities, especially if crafts are involved.



## DEPARTMENT HAPPENINGS



David J. Peterson  
**STAFF Excellence Award**

Nominate staff that you feel do an exemplary job—above and beyond their duties.

Survey will be open July 14-August 15

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary." - Margaret Cousins

The 36th Annual  
**Door County Summer Institute**  
July 24th - August 11, 2023  
at the Landmark Resort

summerinstitute@mcw.edu



American Heart Association.

# Heart Walk

2023 SE WI Heart Walk Veterans Park on  
September 15th at 9:00 a.m.

**Captain Kristine James/Team Psych**

## SAVE THE DATE!

**12th Annual Depression Recognition Day**  
Thursday, October 5, 2023  
12:00-3:00 pm  
Virtual and In Person Presentations

Presented by the Medical College of Wisconsin  
Department of Psychiatry and Behavioral Medicine  
IN MEMORY OF CHARLES E. KUBLY  
And with support from the  
Stephen T. Sexton Memorial Foundation