

**From the Chairman**

A hearty congratulations goes to Joanne Salas for being recognized at a SLU Star!! Joanne, our biostatistician has been instrumental in developing our research capacity in our department and helping many of our faculty publish their research in numerous journals. Thank you, Joanne!

Congratulations also, to Tonya Bland, our clinical nurse in the Doctor's Office Building. Tonya received a SLU Spark for doing her job with compassion and was nominated for the 2017 Excellence in Nursing Award!

Congratulations to Max Zubatsky for being accepted as one of the 2016-2017 STFM Behavioral Science/Family Systems Educator Fellows. This year long fellowship mentors behavioral science and family medicine faculty working with residents in their training. Max will be presenting a research poster from his fellowship scholarly project at the 2017 STFM Annual Conference in San Diego.

Welcome to Drs. Erin Fisk and Jennifer Bello-Kottenstette who joined us in September and October respectively. Both are SLU SOM graduates who went away for their residency and now are returning to St. Louis! Dr. Fisk is a clinical educator practicing at the North County Health Center. She finished her residency in Wisconsin in 2015 and spent last year in a practice in New Zealand. Dr. Bello-Kottenstette is a clinical investigator practicing at County Corrections. She trained in Chicago and completed a research fellowship at the University of Chicago where she joined the faculty for two years before moving back to the area.

We welcome three new staff members in our family: Sarah Skiold-Hanlin, Research Assistant; Kristen Sitze, MA at Des Peres; and Regina Tourville, Medical Care Coordinator in the Washington practice.

I want to thank all who participated in our faculty and staff development workshop on October 26. It was a great success in team building for our department! A special thanks goes out to Dr. Kelly Everard and Nicole Wiethop who put the morning agenda together for us.

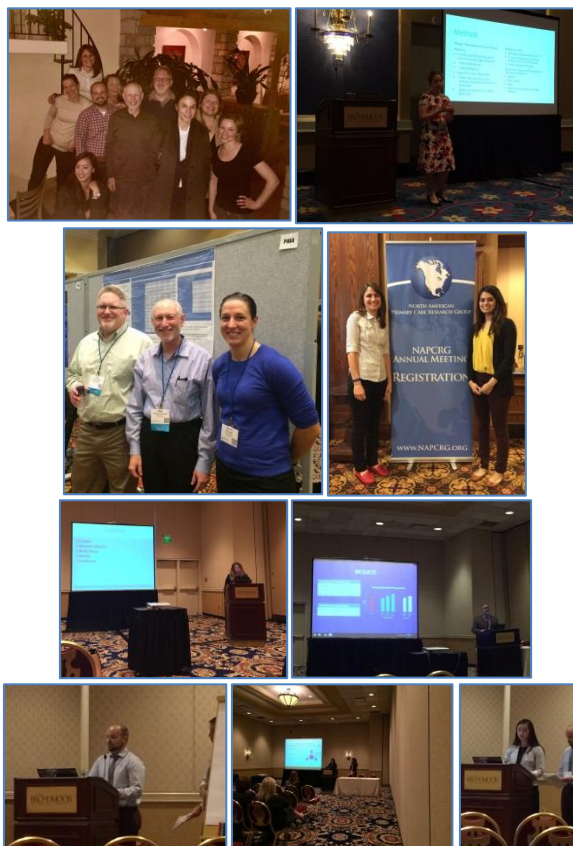
Some of the activities I've been working on over the past few months are the Building Research Capacity Initiative of the Association of Departments of Family Medicine

and the North American Primary Care Group. This initiative aims to strengthen research in Family Medicine departments and residency programs nationally. The recent annual of Family Medicine had a commentary which describes the initiative.

(<http://www.annfammed.org/content/14/6/585.full>) We officially kicked off the program at NAPCRG in Colorado Springs in mid-November.

**44th NAPCRG Annual Meeting
November 12-16, 2016
Colorado Springs, Colorado**

In attendance: Dawn Davis, MD, MPH, Emily Doucette, MD, Sarah Gebauer, MD, Joanne Salas, MPH Jeffrey F. Scherrer, PhD, F. David Schneider, MD, MSPH, Carissa van den Berk-Clark, PhD, MSW Betsy P. Wan, MD, Mattie White, MD, Matt Witthaus, MD, and Komal Yadav





In September, I represented Missouri on the AAFP Congress of Delegates. Our delegation sponsored a resolution calling for a national prescription drug monitoring database which was passed by the congress. At next year's meeting, one of our Missouri colleagues, Dr. Todd Schaffer, program director at the UMKC Family Medicine Residency Program will be running for the AAFP Board of Directors.

Lastly, I would like everyone to join us for our annual holiday gathering on December 14th at 4:30 in our department in O'Donnell Hall. All our clinics have been closed early so that we can all celebrate the holidays together. See you there.

Medical Student Education

Kelly Everard, PhD and Fred Rottnek, MD, MAHCM had a paper accepted: "Through the Eye of the Needle: Commitment to Justice in Jesuit Higher Education," a conference to be held at the University of Seattle from August 10-13, 2017. The title of their paper is "Operationalizing Mission for our Students in Healthcare."

Kelly Everard, PhD received another grant from the Lilly Foundation to support the continuation of the SLU Lilly Series for Mission and Identity and to expand it to include faculty from the Doisy College of Health Sciences, the School of Nursing, and the School for Public Health and Social Justice.

Kelly Everard, PhD had the following paper accepted: Kelly, M., Everard, K.M., Nixon, L., Chessman, A. (in press), Untapped potential: Performance of procedural skills in the family medicine clerkship. *Family Medicine*.

We had a successful department faculty and staff development day on October 26. There were 51 faculty and staff who participated. Overall most agreed it was a worthwhile experience and that the activities were beneficial. The team building exercises and getting to know people from other parts of the department were most liked activities.

Clinical

Denise Hooks-Anderson recently participated on the "So you want to be a doctor panel" at SLU. Dr. Hooks-Anderson has been invited for the past several years.

Denise Hooks-Anderson was the keynote speaker for Zeta Phi Beta Sorority on Dec. 8th. Her topic centered around Breast Cancer Awareness.

Denise Hooks-Anderson was recently invited by the Gateway Chapter of The Links, Incorporated to be their guest speaker during their Breast Cancer Awareness Tea on Oct. 2nd.

Tonya Bland wanted to share how grateful she is to work with all of us and SLUCare.

St. Elizabeth's – SLU Family Medicine Residency – St. Louis, MO

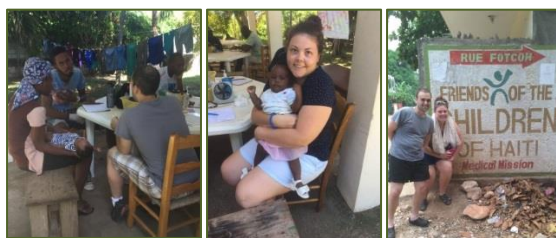
In October, faculty member Anne Nash, MD, continued her much-appreciated role in Southern Illinois Healthcare Foundation's transition to and use of Athena Health's electronic health records, this time leading the learning process on an upgraded version called Streamlined.

Faculty member Christopher Herndon, PharmD, headed the panel for the American Pain Society's 7th edition of *Principles of Analgesic Use*, which was published in late August. He also co-authored the report "ASHP Guidelines on the Pharmacist's role in Palliative and Hospice Care" which appeared in the September issue of the *American Journal of Health-System Pharmacy*.





For two weeks in September, civilian faculty physician Kristina Anderson, MD, and military senior resident, Mark McHaney, MD, served as team members of a medical mission in Haiti. Our doctors volunteered through Friends of the Children of Haiti (FOTCOH), and served at FOTCOH's clinic near the city of Jacmel, on the southern coast. (See photos.) Drs. McHaney and Anderson arrived safely back in the United States just a week before Hurricane Matthew slammed into Haiti.



SLU Family Medicine Residency Program – SSM St. Mary's Health Center – St. Louis, MO

Dr. Mattie White and three residents (Drs. Brittany Goodrich-Braun, Michael Donovan, and Jared Henrichs) held a Musculoskeletal and Procedure Workshop for the SLU Family Medicine Interest Group students on September 7th, 2016.

Four of our Residents, Drs. Deanna Chavez, Jared Henrichs, Preethi Schmeidler and Kanika Turner, attended the New Horizon's Cardiovascular Conference at the Hyatt Regency in St. Louis On Saturday, September 17th, 2016.

Drs. Matthew Witthaus and Michael Donovan are leading a Transgender Initiative at Family Care Health Center. In support of this initiative, Drs. Christine Jacobs, Matthew Witthaus, and Michael Donovan attended a Conference on "Pediatric Transgender Patients" on September 19th at Washington University SOM.

Drs. Christine Jacobs and Jay Brieler presented our Longitudinal Underserved Community Curriculum (LUCC) at the STFM Forum for Behavioral Science in Family Medicine in Chicago on September 21st thru 24th.

Dr. Brieler served as a small group mentor for the Behavioral Science Family Systems Educator Fellowship at the conference.

Dr. Christine Jacobs attended the Collaborative Family Healthcare Association Conference in Charlotte, NC on October 13th thru 15th, 2016.

SLU's Department of Family and Community Medicine held a Faculty and Staff Development Workshop on Wednesday morning, October 26th, 2016. All of our residency faculty and staff attended the workshop.

Six of our Residents, Drs. Alicia Brooks, Brittany Goodrich-Braun, Michelle Hall, Jared Henrichs, Joe Moleski and Kanika Turner, attended SLU's Annual Geriatric Boot Camp on Saturday, October 29th, 2016.

Research

We look forward to submitting a PCORI grant by December 14th involving partnership with the AAFP National Research Network. The proposal is intended to determine if treating depression to remission in pain patients with current moderate to severe depression leads to decreased pain, improved function and safe opioid prescribing.

A letter of intent to the Arnold Foundation is being submitted with the Missouri Institute of Mental Health and the Wright Center to propose expanding medication assisted treatment for pain patients with opioid dependence. The LOI is due Dec 15th and a decision to request a full proposal is expected one month later.

Congratulations to all the NAPCRG presenters. The Department has an ever increasing presence at NAPCRG.

Department Presentations and Publications

Heiden-Rootes KM, Salas J, Schneider FD, Smith C, Scherrer J. Prevalence of Medical Record Diagnoses for Same-Sex and Opposite-Sex Partnered Patients. J Am Board Fam Med, 2016, Nov-Dec; 29(6):688-693.



Heiden-Rootes, K., & Meyer, D. (2016). Let's Stay Together. *PsycCritiques* [Review of the book *Couple relationships in the middle and later years: Their nature, complexity, and role in health and illness* edited by Jamal Bookwala. *PsycCRITIQUES*, 61(35), doi: <http://dx.doi.org/10.1037/a0040499>

Meyer, D., & Heiden-Rootes, K. (in press). Needing Technical Assistance: Try A Couples Therapist. *PsycCritiques* (Review of the book *Techniques for the Couple Therapist: Essential Interventions from the Experts* edited by Gerald R. Weeks, Stephen T. Fife, & Colleen M. Peterson. *PsycCRITIQUES*

Meyer, D., Salas, J., & Boyer, M. (2016). *Love, love, love: Cortisol you need*. *Psychoneuroendocrinology*, 71, 32-33. doi:10.1016/j.psyneuen.2016.07.089

Meyer, D., Robinson, B., Cohn, A., Gildenblatt, L., & Barkley, S. (2016). *The possible trajectory of relationship satisfaction across the longevity of a romantic partnership: Is there a golden age of parenting?* *Family Journal*, 24(4), 344-350. doi: 0.1177/1066480716670141

Timberlake, D., Meyer, D., Hitchings, S., Oakley, A., Stolfus, L., Aguirre, S., Plumb, A. (2016). *Sexually Compulsive Behaviors: Implications for Attachment, Early Life Stressors, and Religiosity*. *Sexual Addiction & Compulsivity: The Journal of Treatment and Prevention*. doi: 10.1080/10720162.2016.1189862

Meyer, D., Robinson, B., Cohn, A., Muse, F., & Hughes, R. (in press). *Persistent Complications of Childhood Sexual Abuse: Sexually Compulsive Behaviors, Attachment, and Emotions*. *Journal of Child Sexual Abuse*.

Meyer, D. (in press). *The Integration of Cognitive Behavioral Therapy and Creative Arts Therapies*. Book chapter. In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling 2nd Edition*. New York, New York: Springer Publishing.

Muse, F., & Meyer, D. (in press). Yes, and You Understand. Book chapter. In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling 2nd Edition*. New York, New York: Springer Publishing.

Hughes, R., & Meyer, D. (in press). *The Catastrophe Comic Book*. Book chapter. In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling 2nd Edition*. New York, New York: Springer Publishing.

Aragon Prada, M., & Meyer, D. (in press). *Tucked Away*. Book chapter. In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling 2nd Edition*. New York, New York: Springer Publishing.

Nedved, A., & Meyer, D. (in press). *A Day in Life Without the Disorder*. Book chapter. In S. Degges-White & N. Davis (Eds). *Bringing the Arts to the Science of Counseling 2nd Edition*. New York, New York: Springer Publishing.

Manard W, Scherrer JF, Salas J, Schneider FD. Patient Portal Use and Blood Pressure Control in Treated Hypertension. *J Am Board Fam Med*, 2016 Jul-Aug; 29:452-459.

Manard W, Syberg K, Behera A, Salas J, Scherrer JF, Armbrecht E, Hooks-Anderson DR, Crannage EF, Schneider FD. Higher Referrals for Diabetes Education in a Medical Home Model of Care. *J Am Board Fam Med*, 2016 May-Jun; 29:377-384.

Scherrer JF, Salas J, Copeland LA, Stock EM, Schneider FD, Sullivan M, BUcholz KK, Burroughs T, Lustman PJ. Response to Ruan et al. Letter to the Editor: Increased Risk of Depression Recurrence After Initiation of Prescription Opioids in Noncancer Pain Patients. *J Pain*, August 2016; 17(8):946-947.

Jonson-Reid M, Lauritsen JL, Edmond T, and Schneider FD. Public Policy and Prevention of Violence Against Women. In Eyer AA, Chiqui JF, Moreland-Russell S, and Brownson R, eds. *Prevention, Policy, and Public Health*. Oxford University Press, New York, NY, 229-248. 2016.

Ewigman B, Chen F, Davis A, Green L, King D, Kuzel T, Schneider D, Vansaghi T. The Building Research Capacity (BRC) Initiative: To be Launched at the 2016 Annual NAPCRG Meeting. *Ann FM*, 2016 Nov-Dec; 14(6):585-586.



Meyer, D., Boyer, M., & Salas, J. (9/16). Love, Love, Love: Cortisol You Need. International Society of Psychoneuroendocrinology Annual Conference. Miami, FL.

Scherrer JF, Ahmedani B, Bucholz KK, Burroughs T, Copeland LA, Lustman P, Salas J, Schneider FD, Sullivan M. Prescription Opioid Use May Complicate Depression Treatment. A poster to be presented at the 2016 Annual Conference of the North American Primary Care Research Group, Colorado Springs, CO. November 2016.

Scherrer JF, Ahmedani B, Bucholz KK, Burroughs T, Copeland LA, Lustman P, Salas J, Schneider FD, Sullivan M. Depression after Large Opioid Dose Escalation. A poster to be presented at the 2016 Annual Conference of the North American Primary Care Research Group, Colorado Springs, CO. November 2016.

Schneider FD, *Ewigman BG, Nease D, King DE, *Tapp H, Burge SK, Davis AK. The Building Research Capacity Initiative. A Workshop at the 2016 Annual Conference of the North American Primary Care Research Group, Colorado Springs, CO. November 2016.

Zubatsky, M., Harris, S.M., & Mendenhall, T.J. (in press). Clinical Training and Practice Patterns of Medical Family Therapists: A National Survey. *Journal of Marital and Family Therapy*.

Zubatsky, M., Aragon-Prada, M., Muse, F., Rainey, P., & Martin, R. (2016). Navigating Without a Roadmap: Challenges of Early Alzheimer's Caregivers with their Healthcare Team. *Global Qualitative Nursing Research*, 3, 1-9.

Zubatsky, M. & Tebb, S. (2016). Who's Hearing their Voices? Attending to the Needs of Dementia Caregivers. *Ageing Successfully*, 25 (1), 17-22.

Zubatsky, J., & Trudeau, S. (2016). Relationships across the lifespan. In T. Mendenhall, E. Plowman, and L. Trump (Eds.), *Intimate Relationships: Where have we been? Where are we going?* (2nd ed., pp. 267-288). Dubuque, IA: Kendall Hunt Publishing.

Zubatsky, M. (2016). *Caregivers Challenges with their Medical Team Following a Loved One's Diagnosis of Alzheimer's Disease*. Poster Presentation for the 2016

Alzheimer's Association International Conference, Toronto, Ontario, Canada.

Delbridge, E., Zubatsky, M. & Fowler, J. (2016). *Bridging the Gap: Integrating Family Therapy Students in Residencies to Reduce Health Disparities*. Seminar at the 2016 STFM Behavioral Science Forum, Chicago, IL.

Zubatsky, M. & George, D. (2016). *Being the Difference: Expanding the Roles of MFTs in Healthcare Settings*. Seminar at the 2016 American Association of Marriage and Family Therapy (AAMFT) conference, Indianapolis, IN.

Zubatsky, M. (2016). *Making a Difference with Cognitive Stimulation Therapy (CST) and Exercise*. Invited presentation at "Find out Fridays" at Park Provenance Assisted Living, St. Louis, MO.

Zubatsky, M. (2016). *Making a Difference with Cognitive Stimulation Therapy*. Presentation at the University of Illinois Medical Campus, Urbana, IL.