There is no I in TEAM

Walking the hallways of Good Shepard Hospital or leaving a residency meeting, you may have heard me say, “good job.” There is no I in Team. That has been my mantra during my year as Chief Resident. I am sure this stems from my early days of playing football and baseball. As I reflect back on the past four years, I realize that none of us can work alone. Each of us has to have each other for support, for guidance, for laughter, and for success.

In the early years of education, we are taught that our success depends on our personal grades, reports, letters of recommendation, and things of that nature. In medical school, we all say to each other, “How did YOU do on your rotations?” “How did YOU score on your Steps?” “What type of residency program do YOU want to enter?” The focus is on YOU! I believe that when we enter a residency program it is a collective WE that takes care of patients. Even if the patient and physician encounter is a one-on-one interaction, it quickly becomes a team approach to patient care - from nursing staff, office staff, social workers, fellow residents, attendings, security staff, cafeteria staff, cleaning staff, and all the unseen support systems that are in place to improve that particular patient’s life. It is the TEAM of mental health professionals that leads to success for patient care. Let us not forget that the reason we are all here is for the improved health of our patients.

When I was asked to write about my experience and reflections of being a resident and Chief Resident, I thought about Dorcas Adepoju, MD; Irfan Handoo, MD; Olga Sokolova, MD; Rachel Wilkenson, MD; and Rhanda Magsalin, MD. I truly enjoyed working with and getting to know my fellow PGY 4 residents. Over the years, we helped each other, supported each other, and enjoyed the good and the rough times together. My experience has always been focused on the people I have worked with. I have been blessed to be surrounded by people who have made my residency experience an educational and enjoyable one.

I see a bright future for our current residents and the residents who will follow us in the future. The lectures the residents receive are much broader in focus than in the past. Research opportunities are varied from Psychopharmacology to Child and Adolescent Psychiatry, and our exposure to various rotations have included Palliative Medicine, Chemical Dependency, and the Post-Traumatic Stress Disorder Clinic at the Veterans Administration Hospital. Our Department Chairman and Program Director are committed to resident education and, in the not too distant future, will include expansion of fellowship programs offered for Geriatric Psychiatry and Child and Adolescent Psychiatry.

As I type my final thoughts, I have a smile on my face and laughter in my heart because of all the wonderful people I have had the pleasure to work with during the past four years.

For when all is said and done, the success we have as individuals is only a reflection of the people we have surrounding us. So, for the final time, “Good job, everyone. Well done.” Remember, there is no I in TEAM. Thank you for your support, kindness, guidance, respect, and laughter. It has been a pleasure to be a University of Kansas School of Medicine –Wichita, Department of Psychiatry and Behavioral Sciences resident.
New Residents Welcome

A reception was held on Thursday, June 30, to welcome the new residents. Our new first-year residents this year are: Jasmine Atwal, MD; Aisha Hines, DO; David McMahon, DO; Brent Crane, MD; and Syed Quadri, MD. Cheryl Wehler, MD, is a second-year resident. Welcome aboard!

Zishan Khan
Resident

Hometown? Plano, Texas (suburb of Dallas)

Are you married? Yes, I am happily married to my best friend, Aisha!

When did you first get interested in medicine and why? I’ve wanted to be a doctor ever since I was a little kid. I know that when everyone said they wanted to be astronauts, policemen, firemen, and ninjas, I still wanted to be a doctor. I think this was because I looked up to my uncle, who is a physician, and I also always loved science.

When did you become interested in psychiatry and why? During my third year of medical school, when I was doing my clerkship at Elmhurst Hospital in New York City. I was fascinated by the patients and found the subject matter very interesting.

What is one interesting fact about your hometown? Plano is known for FritoLay Chip Company and, unfortunately, for the high numbers of heroin deaths among teenagers in the late 1990s. There was even an MTV news special on it.

What is your favorite thing to do in Wichita? I enjoy hanging out with my wife and colleagues, trying out all the great restaurants, and catching movies at the Warren Theater.

What is your favorite place to shop? Best Buy and Bradley Fair

Do you know what you want to do after graduating from the program and why? I currently have aspirations of doing a fellowship in Child & Adolescent Psychiatry.

What is one interesting fact or unusual trait about you? I’m certified in scuba diving, I love football (Go Cowboys and the Colts!) and basketball (Go Mavs!), and my wife and I both went to rival universities for undergrad (Hook ’em Horns!).
The 2009-2010 graduation ceremony was held on Saturday evening, June 26, at the Hyatt Regency in Wichita. Approximately 100 people were in attendance to help celebrate the accomplishments of our psychiatry residents and neuropsychology fellows. Inna D’Empaire, MD, Director of Residency Training, recognized the following fourth-year residents: Dorcas Adepoju, MD; Irfan Handoo, MD; Rhanda Magsalin, MD; Robert McHale, MD; Olga Sokolova, MD; and Rachel Wilkenson, MD. Lyle Baade, PhD, recognized Amie Austin, PhD, on completing the neuropsychology fellow. Along with the graduates, many others were recognized for their work. The awards presented during the course of the evening and recipients:

- **Robert McHale, MD**, received the Chief Resident Award
- **Kathrine Girrens, MD, PhD**, received the Bharati Award for Excellence in Outpatient Care
- **Rachna Kalia, MD**, received the Bharati Award for Excellence in Outpatient Care
- **Trever Krehbiel, MD**, received the Bharati Award for Excellence in Outpatient Care
- **Rachna Kalia, MD**, received the Bharati Award for Scholarly and Community Activity
- **Robert McHale, MD**, received the Chief Resident Award
- **Kathrine Girrens, MD, PhD**, received the Bharati Award for Excellence in Outpatient Care
- **Rachna Kalia, MD**, received the Bharati Award for Excellence in Outpatient Care
- **Trever Krehbiel, MD**, received the Bharati Award for Excellence in Outpatient Care
- **Rachna Kalia, MD**, received the Bharati Award for Scholarly and Community Activity

Our graduates are relocating to several areas of the country:

- **Dorcas Adepoju, MD**, is going into practice at Dayspring Behavioral Health, a community mental health center located in Texarkana, AK.
- **Irfan Handoo, MD**, is joining the private practice group Psychiatry Associates of Kansas City in Leawood, KS.
- **Robert McHale, MD**, has accepted the position of Medical Director at Monarch in North Carolina. Monarch is a nonprofit organization supporting people with intellectual and developmental disabilities, mental illness, and substance abuse issues.
- **Rhanda Magsalin, MD**, is staying in the Wichita area, joining Prairie View.
- **Rachel Wilkenson, MD**, will be joining the Regional West Physician’s Clinic in Scottsbluff, NE, seeing both outpatient and inpatient psychiatry patients.
- **Olga Sokolova, MD**, will complete her residency training on Dec. 31. She is currently undecided about her future plans.
- **Amie Austin, PhD**, will complete her training in August and will be relocating to Sarasota, FL, where she will be working as a neuropsychologist.

Come join us for the 2nd Annual Children’s Mental Health Day on Saturday, Aug. 7, from 9 a.m. - 2 p.m. at the Sedgwick County Park, 6501 W. 21st North, to help us raise awareness about mental health issues affecting children. Activities will be held in the area off of 13th Street and will include games, moonwalks, food, music, balloons, and Storm troopers (Star Wars), to name a few.

A donation is suggested to attend: for children ages 3-15, $1; for adults 16 and older, $3. There will be additional charges for the following activities: food, face painting, caricatures, and dunk tank.
Congratulations:

Russell Scheffer, MD
won the
KU Alumni Association Early Career
Achievement Award. The award is
given to alumni who have graduated
from KUMC within the last 20 years
and who have made noteworthy
achievements and contributions early
in their career and strive to make an
impact in their respective profession.

Danae Doubek, fourth-year
medical student, was awarded the Dr.
Ron Martin Award for Outstanding
Performance in the Psychiatry
Clerkship.

Rachna Kalia, MD, third-year
resident, and Moneesh Mittal, MD,
second-year resident, welcomed the
arrival of Adiva on May 14.

Robert
McHale, MD, fourth-year resident, and
his wife, Amy, welcomed the arrival
of Thomas McHale on May 15.

Amie
Austin, PhD, neuropsychology fellow,
and her husband, Mario, welcomed
Amara on May 21.

Facility Position Openings

The University of Kansas School of Medicine-Wichita
(KUSM-W) is seeking exceptional candidates
for several new full-time faculty positions in the
Department of Psychiatry and Behavioral Sciences.

One position is a board certified/board eligible child
psychiatrist. The faculty member in this position will work
within the faculty clinic, inpatient unit, and as a community
partner. Research opportunities are available.

The second faculty position open is a psychiatrist trained
and experienced in the area of chemical dependency or
addictionology, preferably board certified in addictionology.
The position will meet a need for training for psychiatry
residents and provide services within the VA system and in
the faculty clinic.

The department also is seeking a psychiatrist to lead
research efforts in psychiatry. The person in this position
will provide education in research methodology, grant
writing, and data analysis to psychiatry residents. The
individual will work with residents in developing their own
projects as well as publishing articles on his/her findings.

The successful MD candidates must be board-certified
or board-eligible in psychiatry and the specialty, be licensed
or have the ability to obtain a license to practice medicine
in the state of Kansas, and have a current DEA certificate. A
candidate must be able to obtain hospital privileges at Via
Christi Regional Medical Center and be in good standing
with the State Board of Healing Arts. PhD candidates must
be licensed or have the ability to obtain a license from the
Behavioral Sciences Board in the state of Kansas. For the full
job descriptions and to apply, please go to http://jobs.kumc.
edu. CVs will be accepted, but all candidates must apply
online.

If interested or have questions, please contact, Janice
McAdam at 316-293-3568, or jmcadam@kumc.edu.