

Damon Tweedy, M.D.

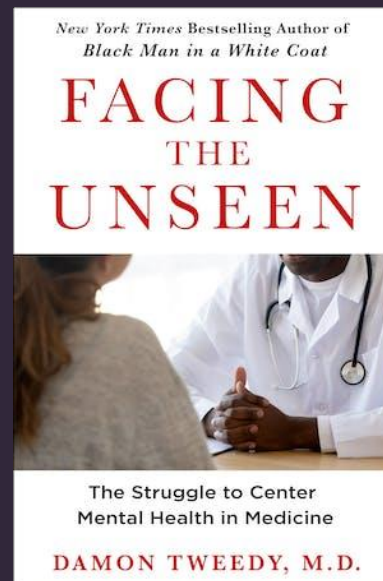
Facing the Unseen: Reimagining Medical Education

North Carolina Psychiatric Association
Annual Meeting
September 25, 2026

By Damon Tweedy, M.D.

Professor
Psychiatry and Behavioral Sciences
Duke University School of Medicine

Staff Psychiatrist
Durham VA Health Care System





Damon Tweedy, M.D., has no relevant financial relationships to disclose

Objectives

Damon Tweedy, M.D.



- 1) Examine barriers that impede mental health care delivery across clinical settings*
- 2) Describe methods to better integrate mental health care into medical education and clinical practice*
- 3) Use local and institutional history as a tool to help understand our present clinical environment and contemplate our future*

Questions/Broader Objectives

Damon Tweedy, M.D.



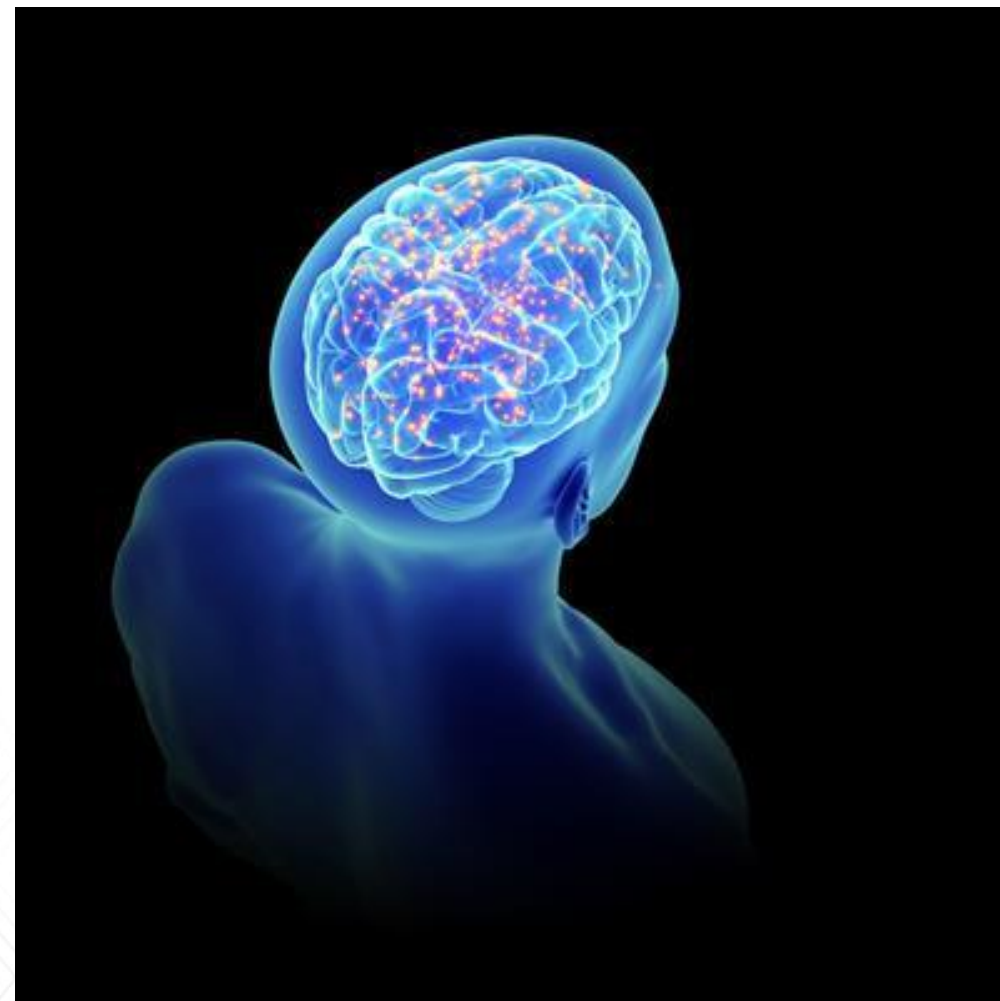
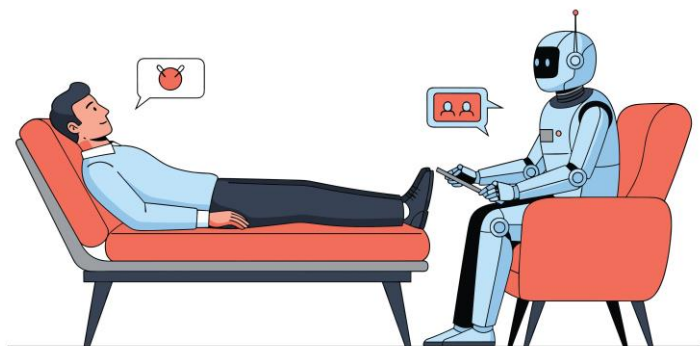
Is there a better way to teach medical students and young doctors about mental health and psychiatry?

What is our relationship/responsibility as academic health centers to our surrounding communities?

Can understanding our local history aid us in the present and improve the future?

This Lecture is NOT

Damon Tweedy, M.D.



This Lecture is ABOUT

Damon Tweedy, M.D.

PEOPLE!! (US IN THE ROOM AND THOSE OUTSIDE OF IT)

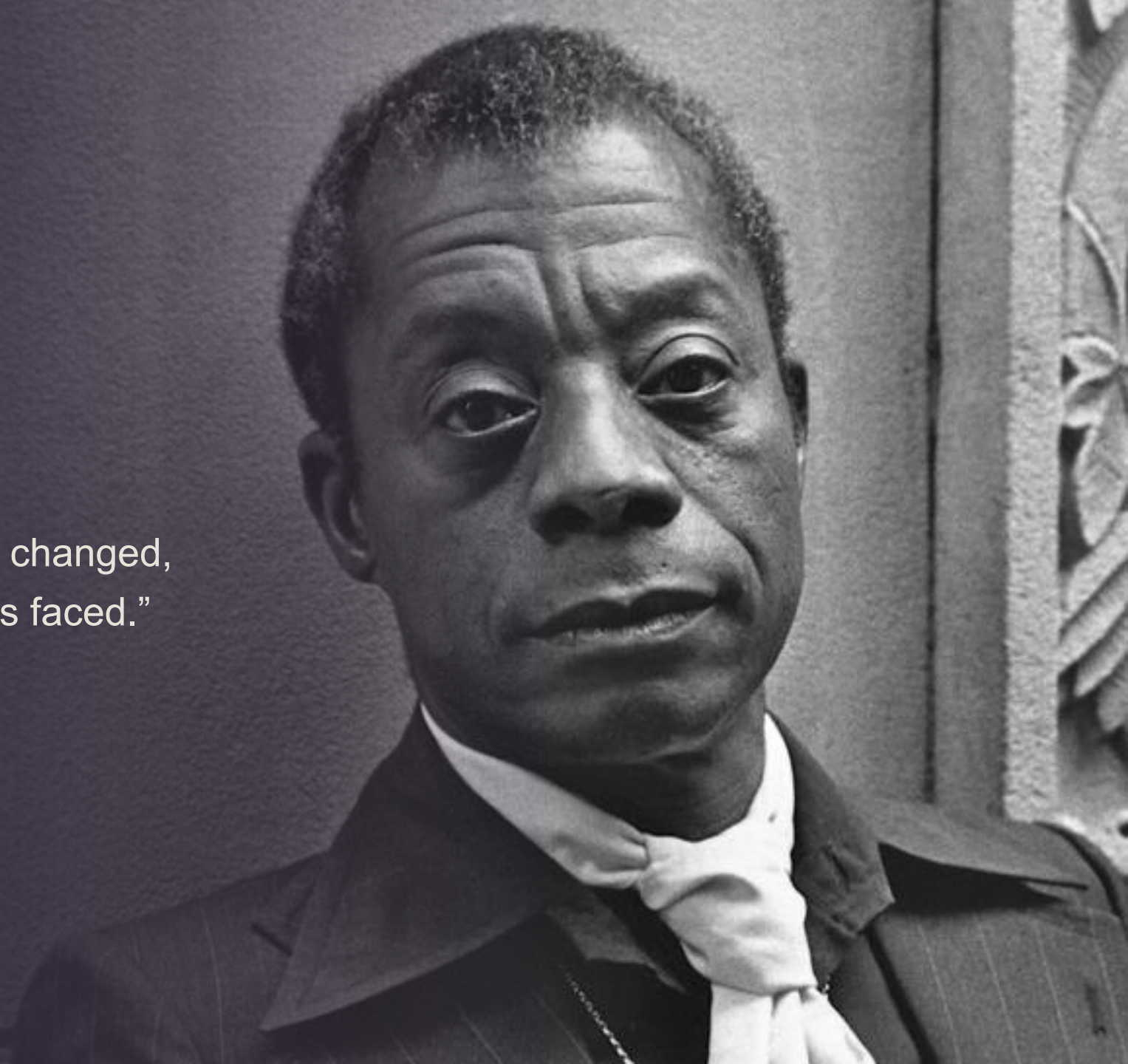
- How we are educated to view (and treat) one another, especially across difference
- How we acclimate and can become desensitized to harms that those around us suffer
- How we can work to better navigate imperfect systems in our very imperfect world

***Disclaimer – we will approach these topics primarily through narrative and storytelling, rather than a theoretical or analytical perspective

Facing the Unseen

“Not everything that is faced can be changed,
but nothing can be changed until it is faced.”

—James Baldwin, 1962



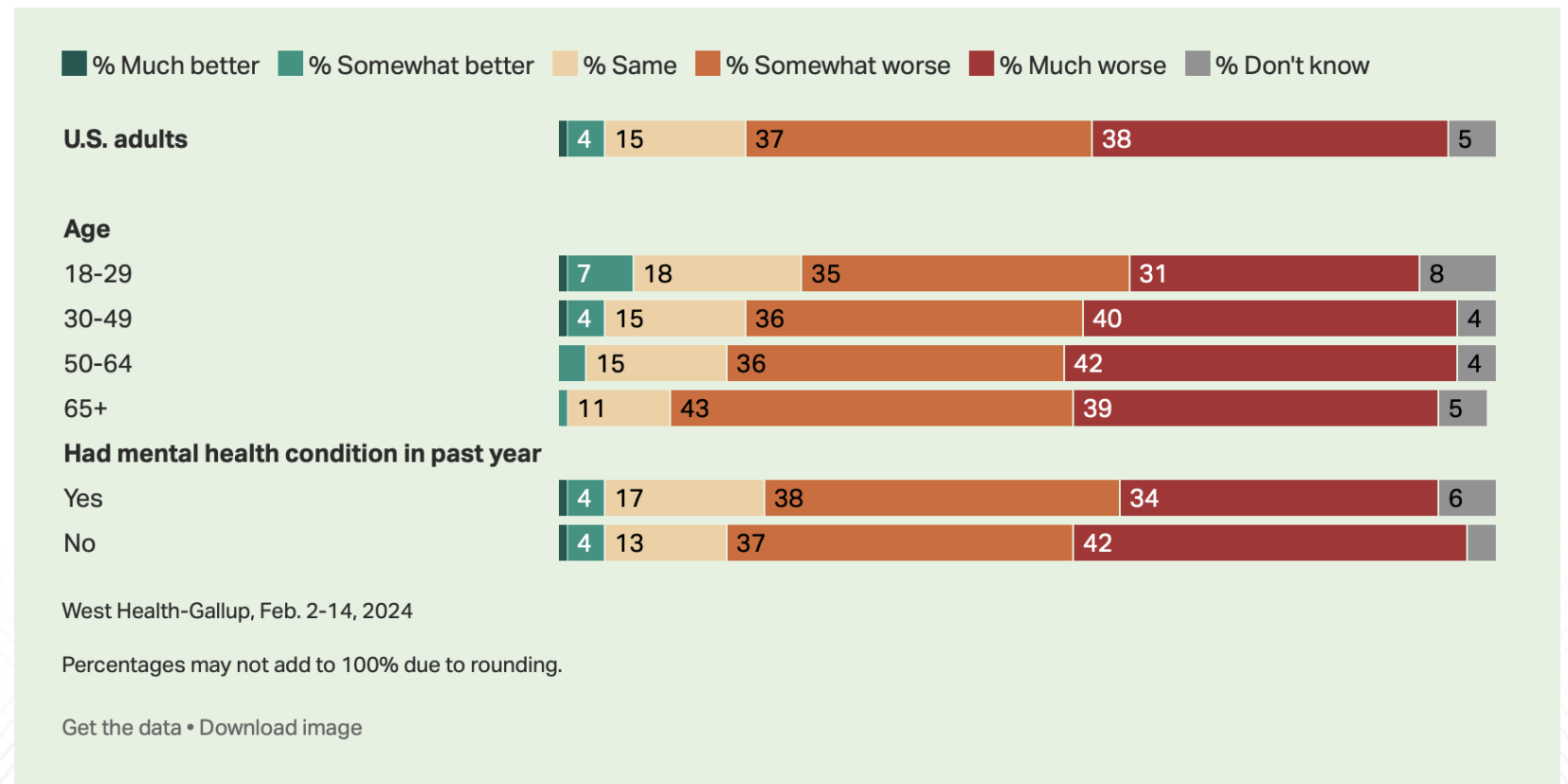
Physical Health vs. Mental Health

Damon Tweedy, M.D.

Americans Largely Think Mental Health Issues Treated Worse Than Physical Issues

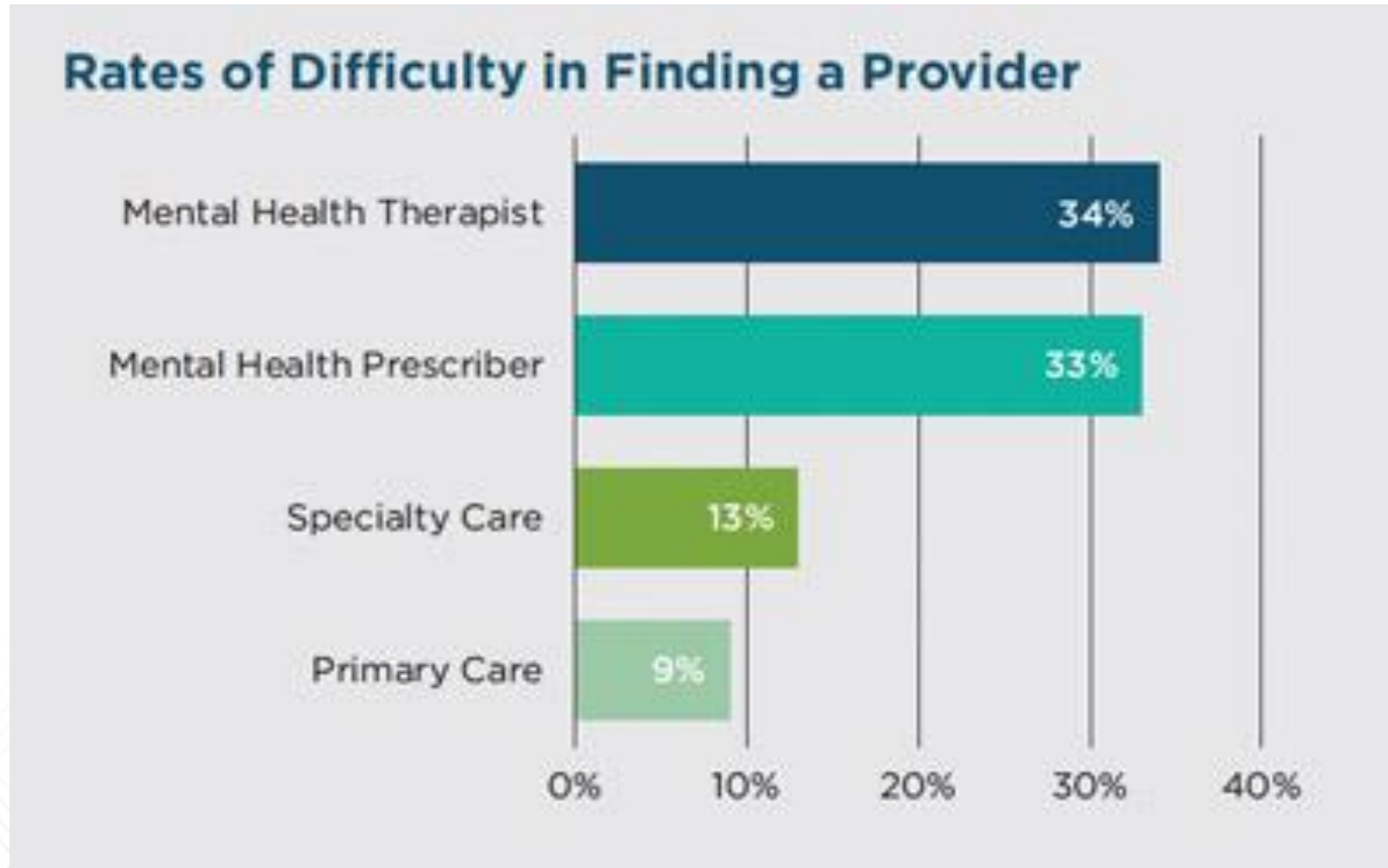
In the U.S., do you think mental health issues are identified and treated better, worse or about the same as physical health issues?

75% SAY “WORSE”



Access and Insurance

Damon Tweedy, M.D.

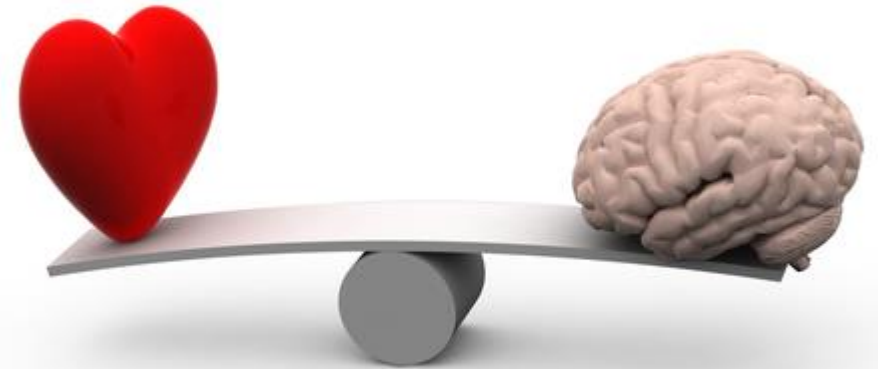


Source:
NORC

Psychiatric Visits vs. Non-Psych:

- Over 50% more likely to be hospitalized
- Six times more likely to require transfer
- Twice as likely to stay in ED > 6 hours
- Three times more likely in ED > 24 hours

National Center for Health Statistics

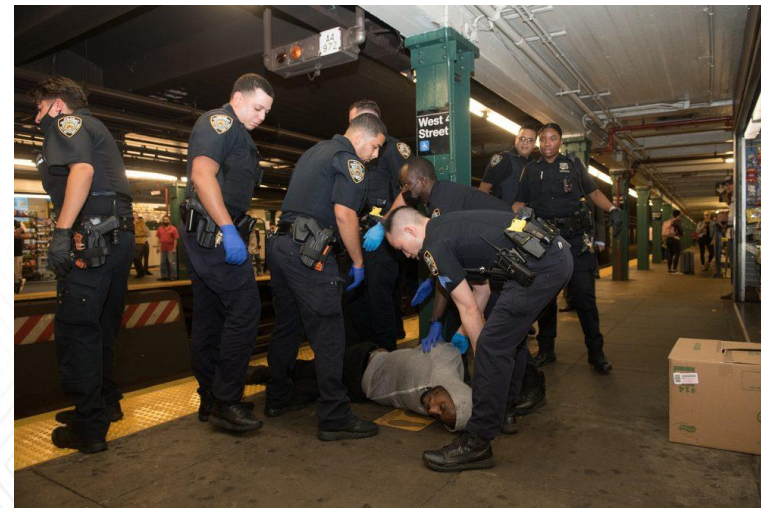


Psychiatry and Race

Damon Tweedy, M.D.

Black people receive:

- Less outpatient care
- More emergency care
- More inpatient care
- More involuntary treatment



“Doctor” Locations

Damon Tweedy, M.D.



“Psychiatry” Locations

Damon Tweedy, M.D.



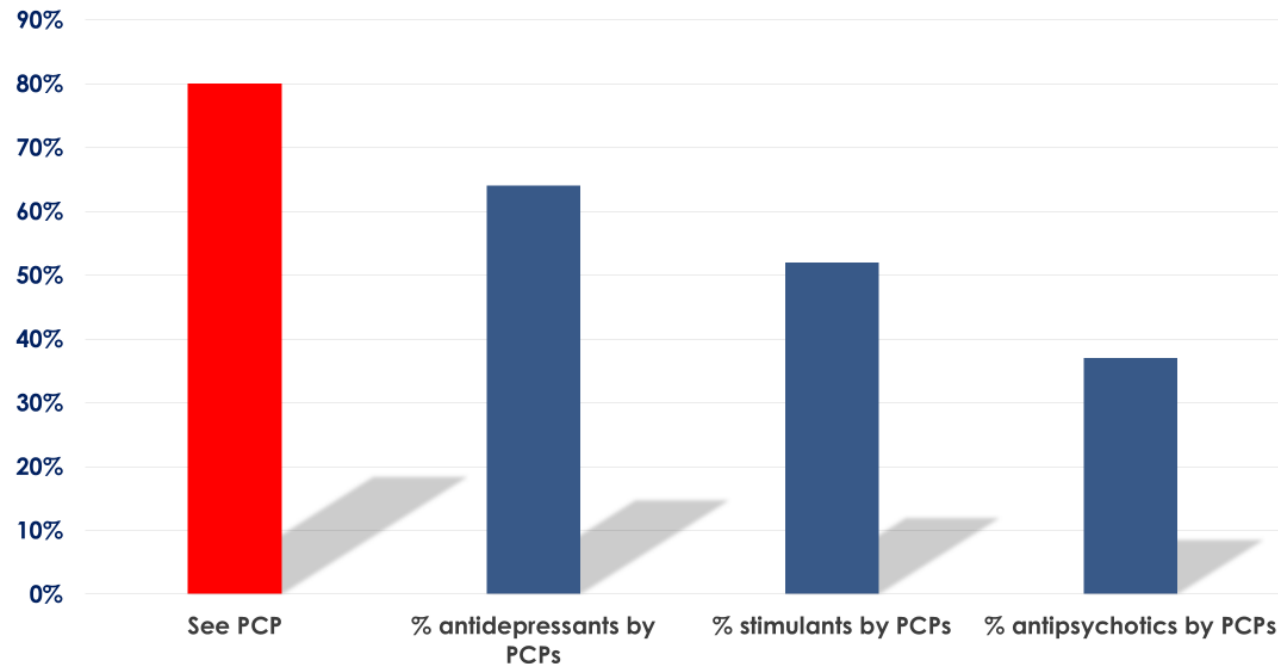
Divided Care

Damon Tweedy, M.D.



87

Why Primary and Behavioral Care Integration is Needed



Over 15% of primary care visits focused on depression and anxiety

Approximately 50% of primary care visits have a significant behavioral health component

Collaborative Care Model (CoCM)

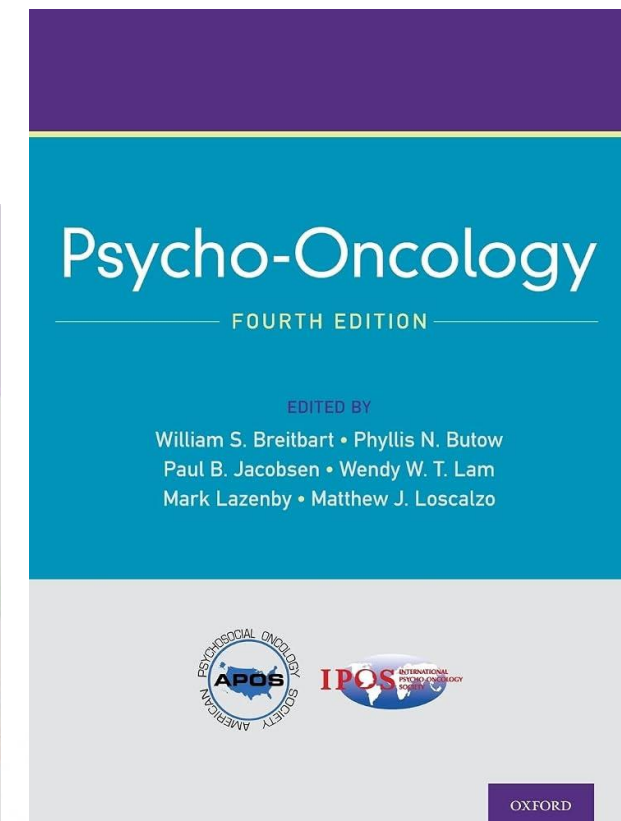
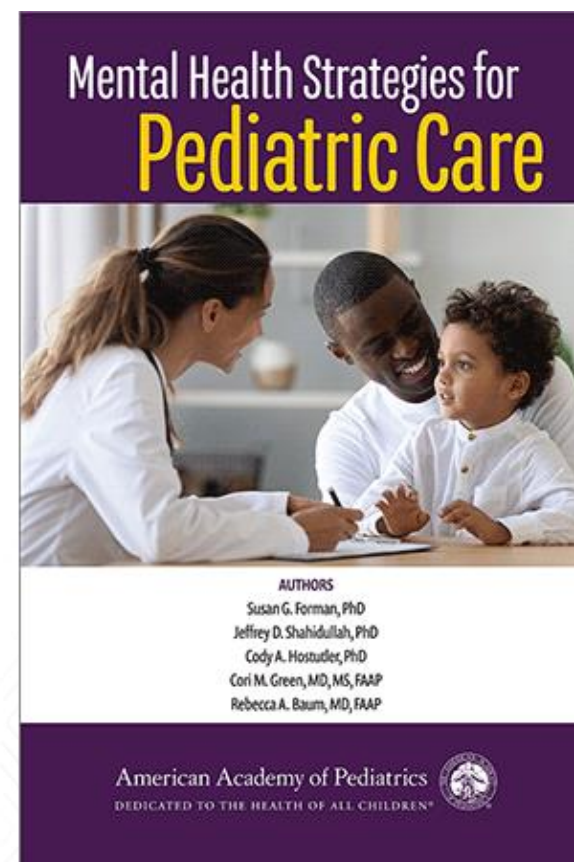
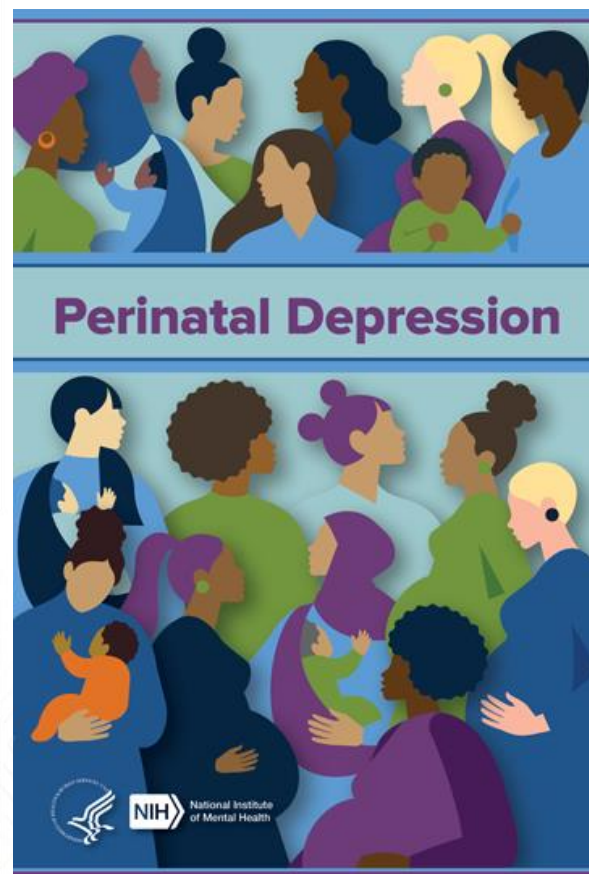


**An Evidence-Based Approach for
Integrated Behavioral Health in Primary Care Settings**

“There needs to be a layer of mental health care wrapped around every medical service.”

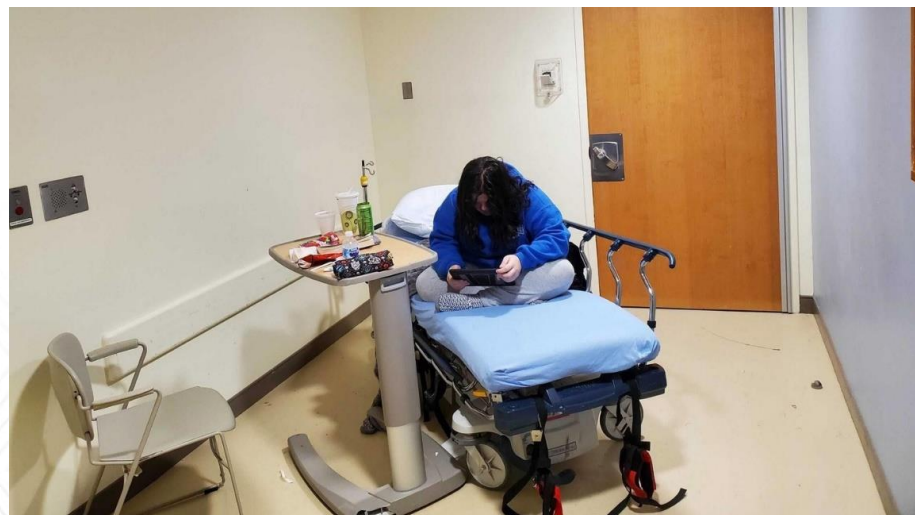
Bridging Mental and Physical Health

Damon Tweedy, M.D.



Teaching the Next Generation of Doctors

Damon Tweedy, M.D.



The Next Generation of Doctors

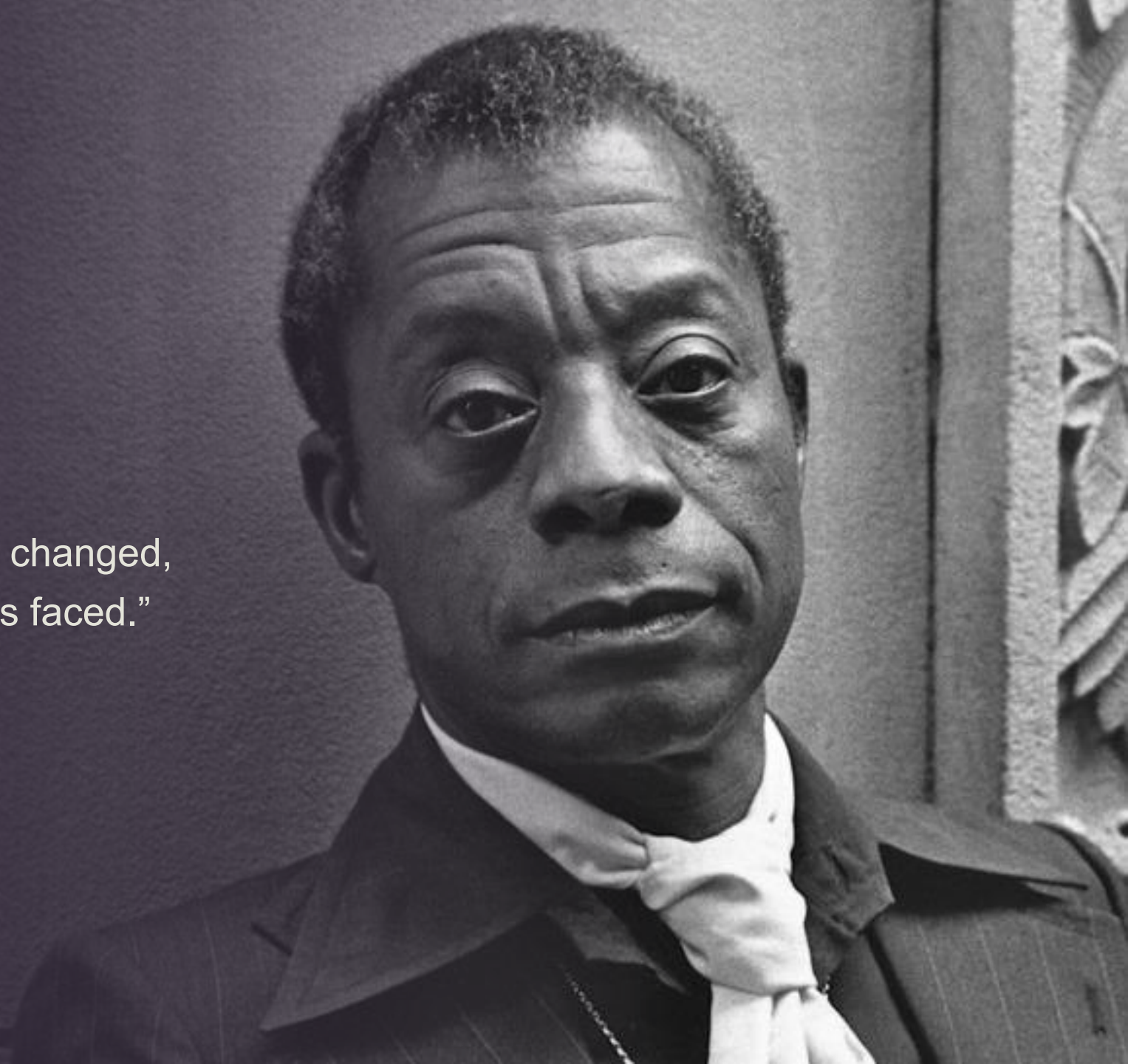
Damon Tweedy, M.D.



Facing History

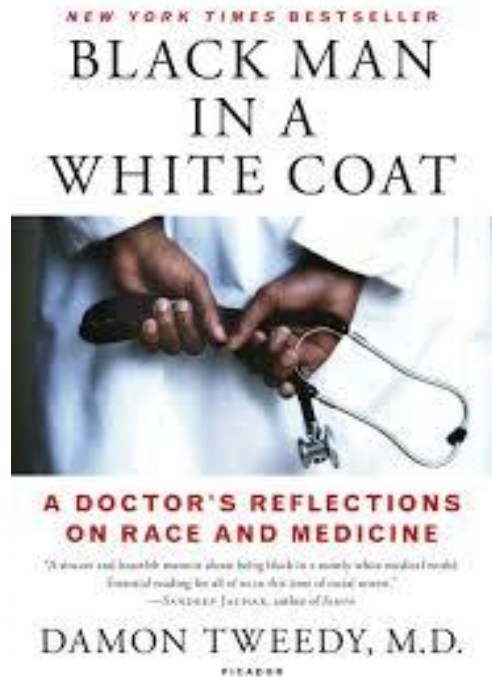
“Not everything that is faced can be changed,
but nothing can be changed until it is faced.”

—James Baldwin, 1962



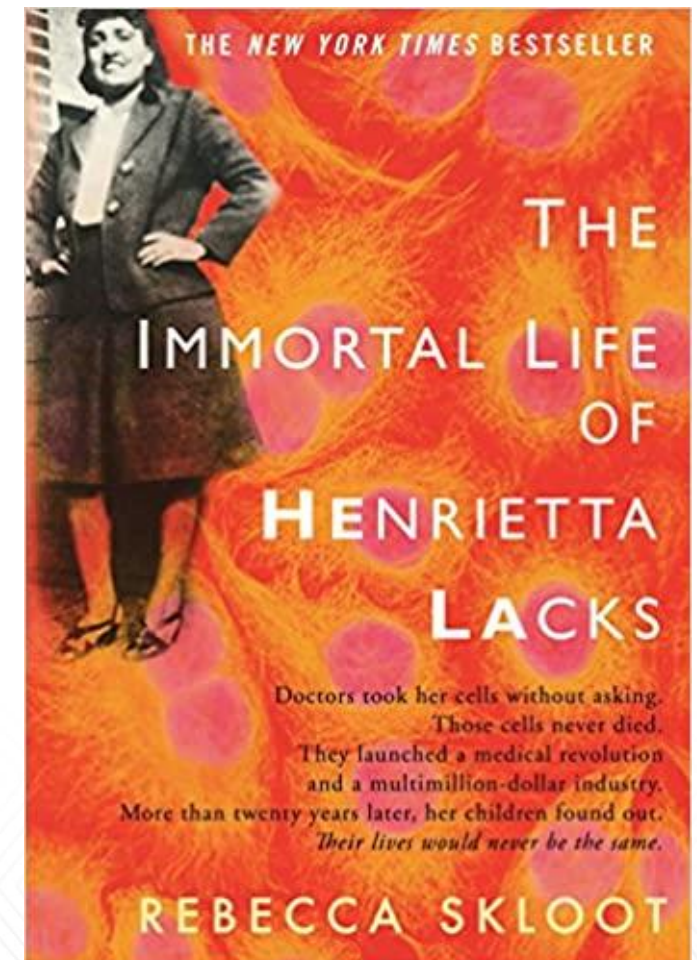
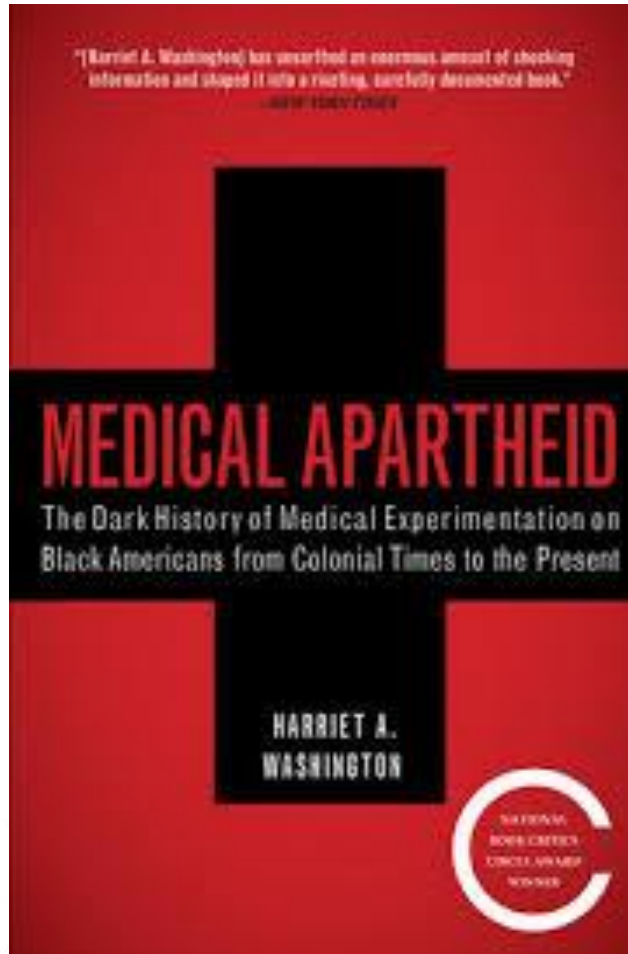
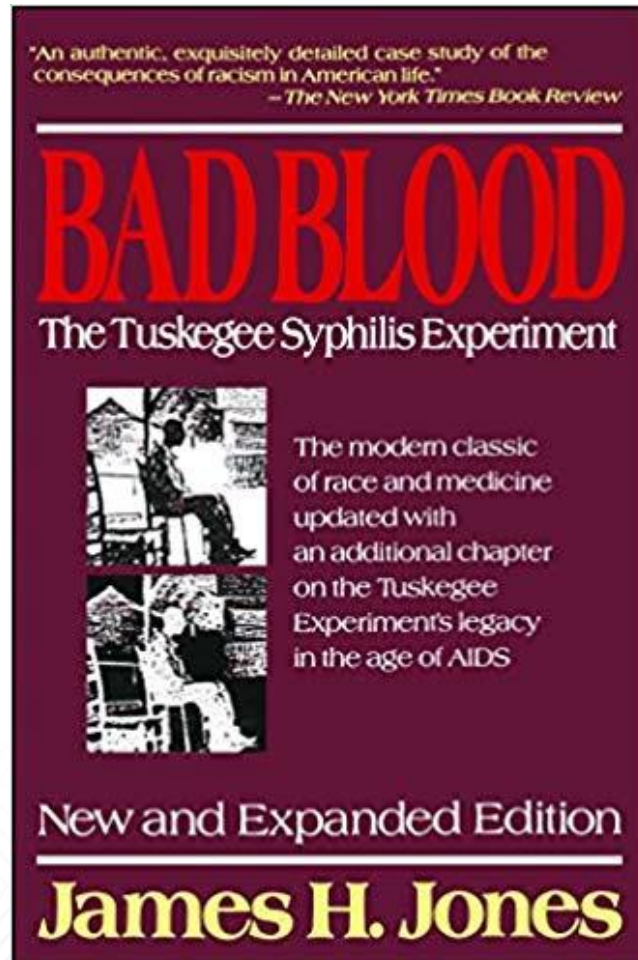
Duke Med Pioneers

Damon Tweedy, M.D.



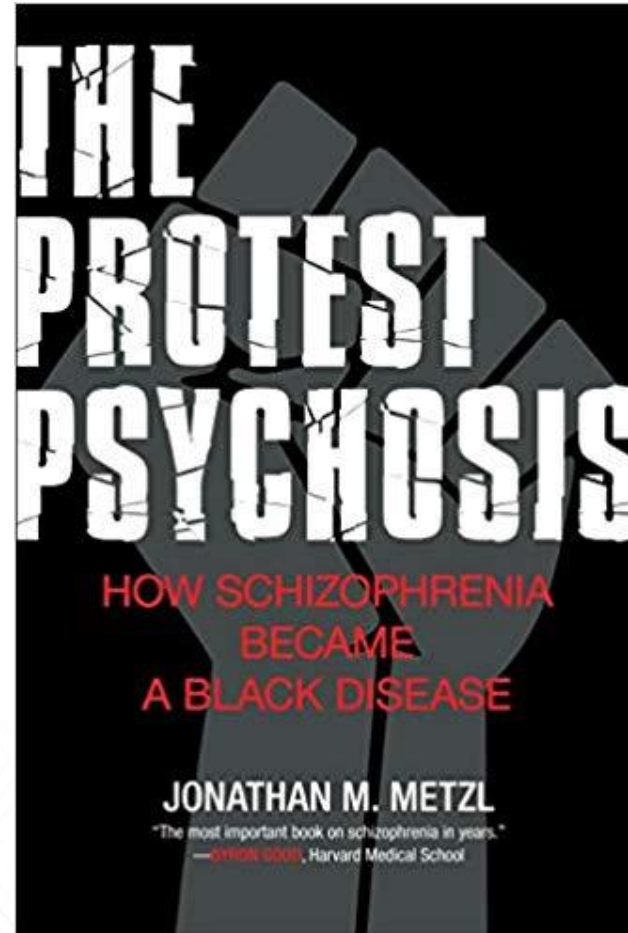
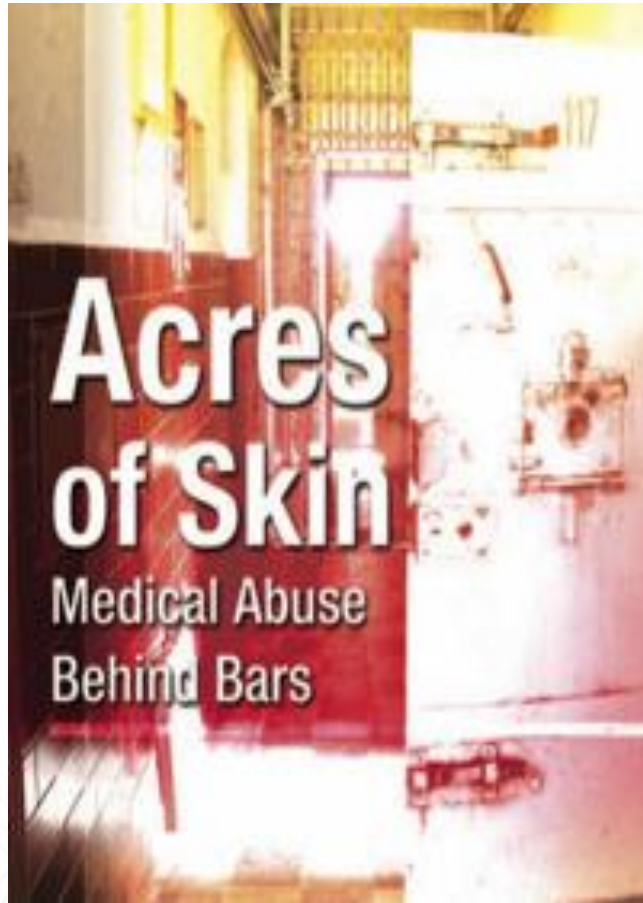
The Medical Expose

Damon Tweedy, M.D.



The Medical Expose

Damon Tweedy, M.D.

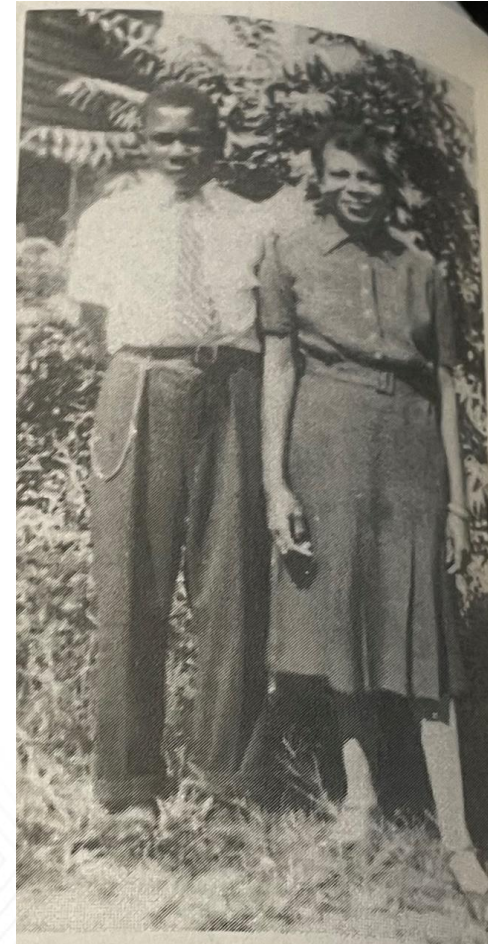




Maltheus Avery – Early Life

Damon Tweedy, M.D.

- Born 1926 in NC (Wilson Co.)
- Two younger brothers, Waddell and Parnell
- Dad worked in construction, excavating rock quarries. Mom worked in tobacco factory and did laundry for mill workers
- Mom had ambition that sons would become doctors, “The top of Negro society”



Maltheus Avery – World War II Veteran

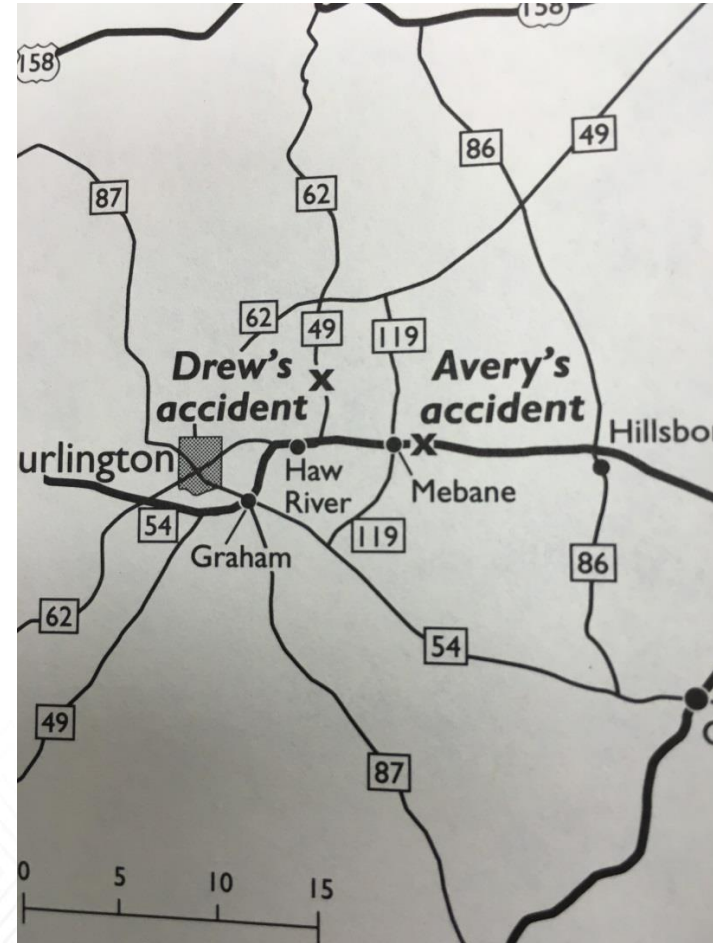
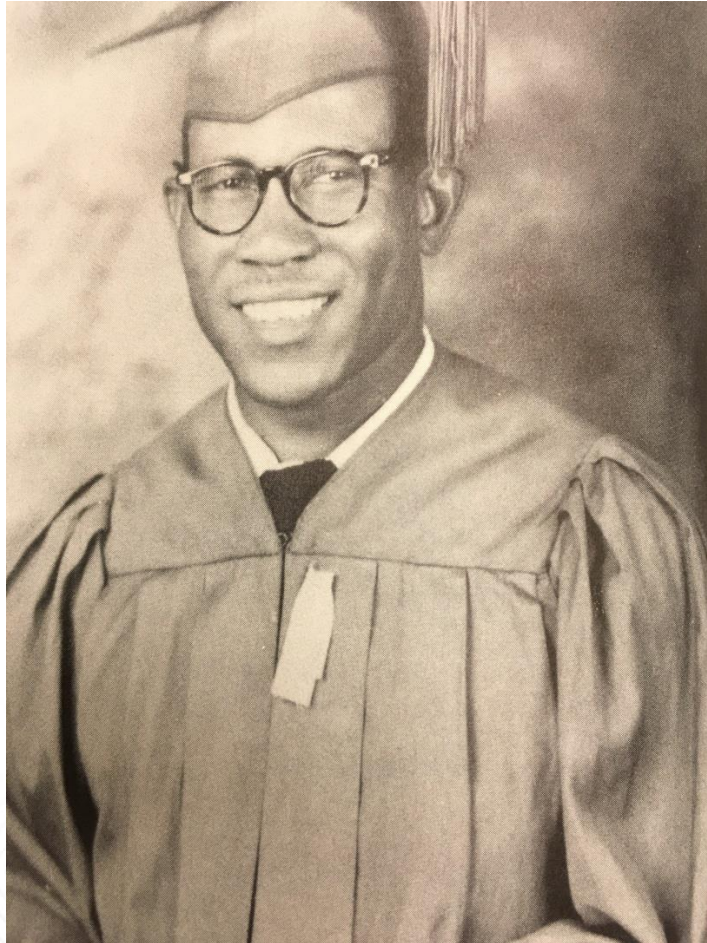
Damon Tweedy, M.D.

- Joined Army, deployed as combat engineer during invasion of Okinawa in 1945
- Following discharge, married and had first child, later started college
- Set out for home following first semester on Dec 1, 1950 to see his wife, who was 9 months pregnant with their second child



Maltheus Avery – A Life Interrupted

Damon Tweedy, M.D.



Maltheus Avery – A Life Interrupted

Damon Tweedy, M.D.



Alamance General Hospital



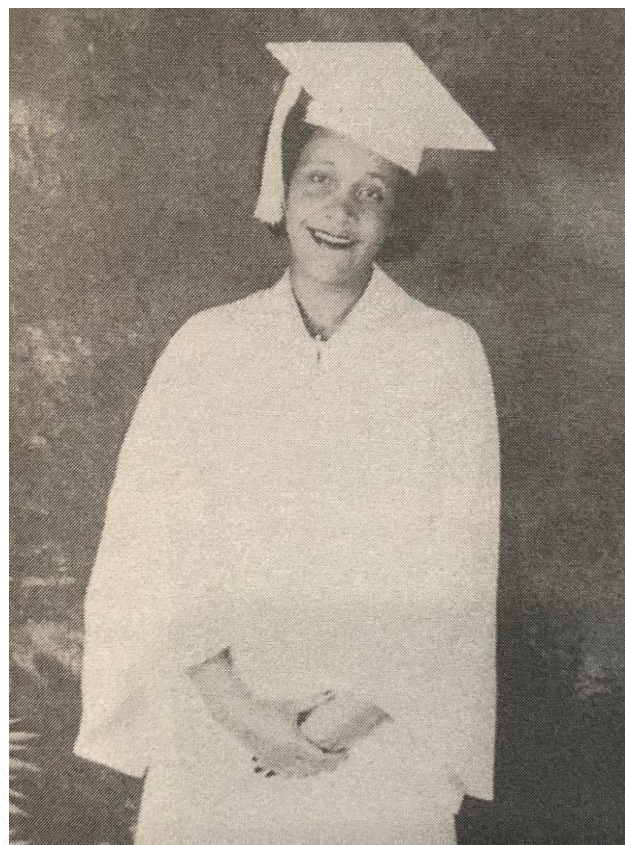
Duke University Hospital



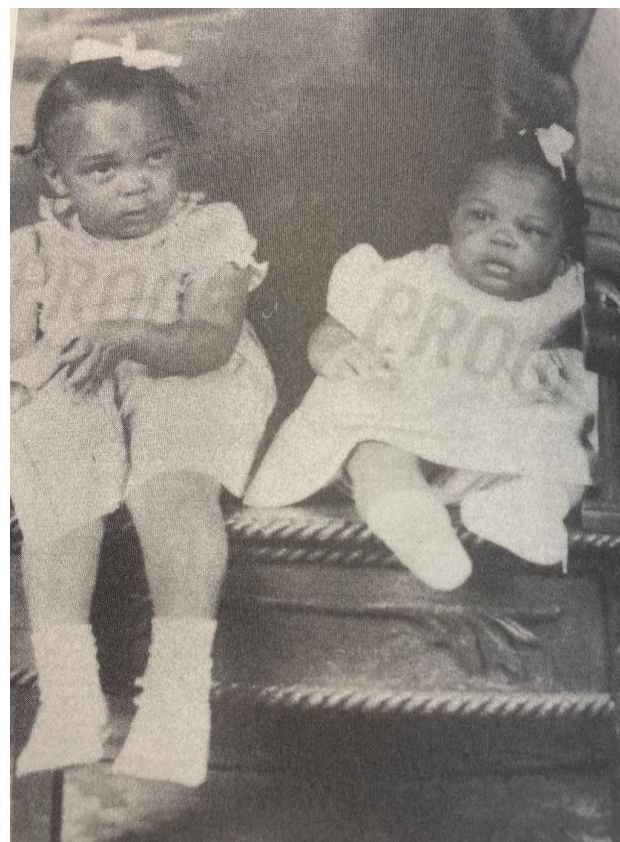
Lincoln Hospital

A Family Left Behind

Damon Tweedy, M.D.



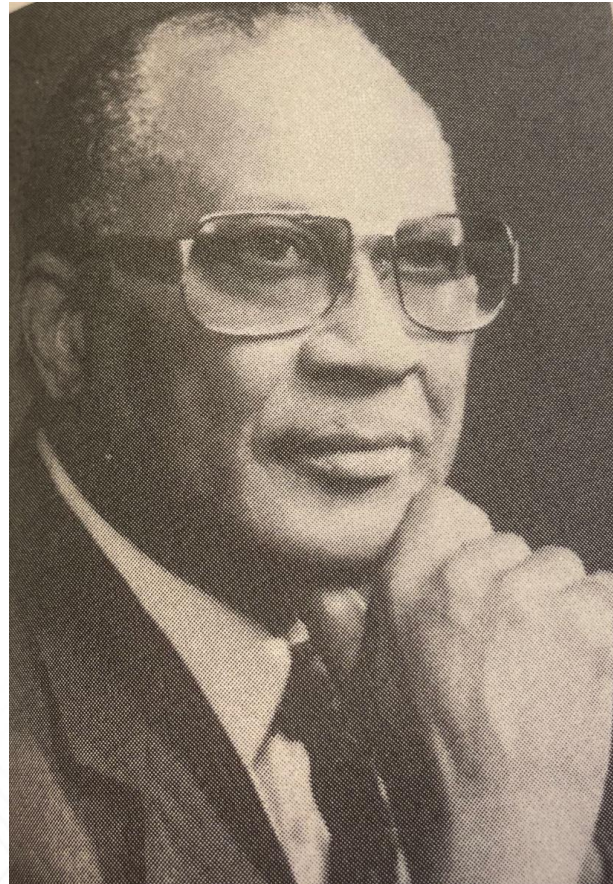
Nannie Bell Jackson



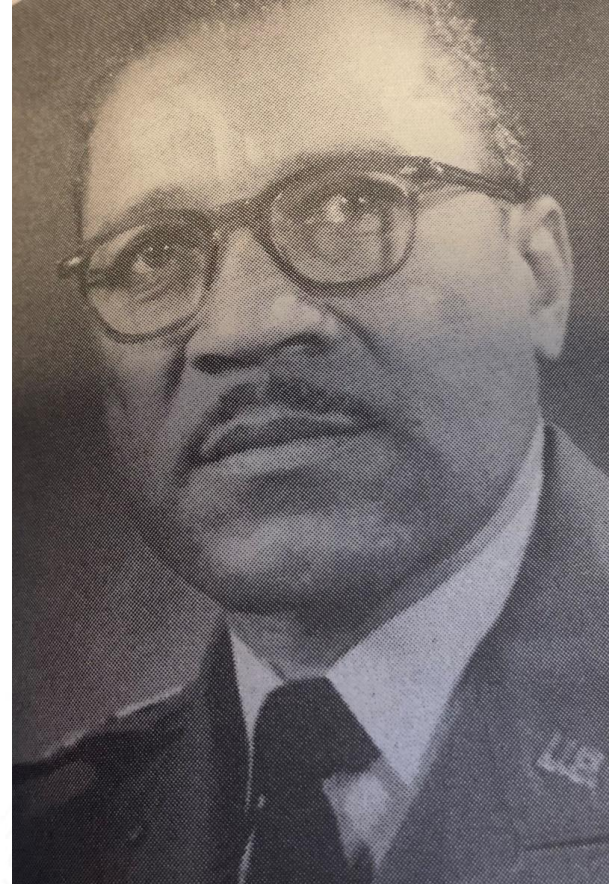
Evelyn Regina & Maltheaus

A Story of Perseverance

Damon Tweedy, M.D.



Parnell N. Avery, MD (surgeon)



Waddell Avery (hospital executive)

The Civil Rights Struggle

Damon Tweedy, M.D.



Unfinished Business

Damon Tweedy, M.D.



Parnell N. Avery, MD and Waddell Avery LTC (Ret) at Duke Hospital, 1990

The Next Generation

Damon Tweedy, M.D.



Vida L. Avery, Ph.D



Malthaus Avery Blake-McDowell



Sybil Avery Jackson

Unhealed and Duke School of Medicine

Damon Tweedy, M.D.



Unhealed and Duke School of Medicine

Damon Tweedy, M.D.



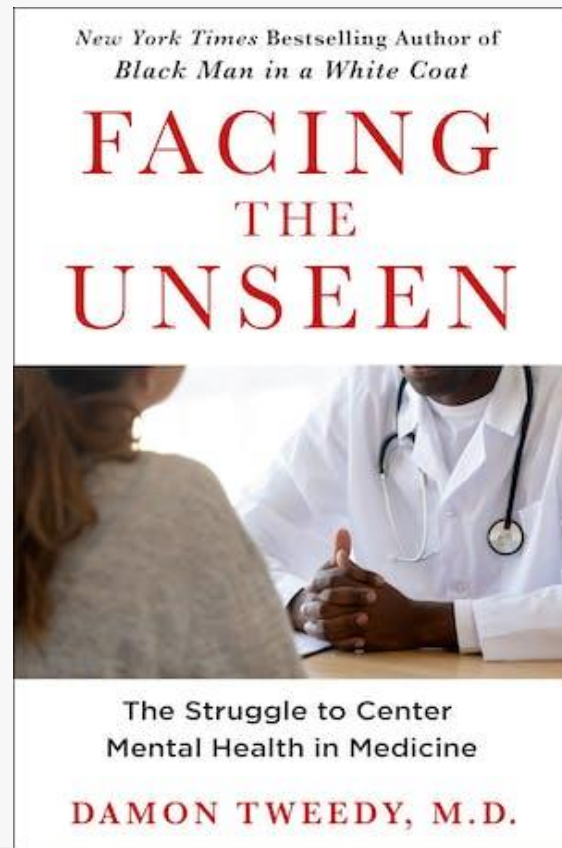
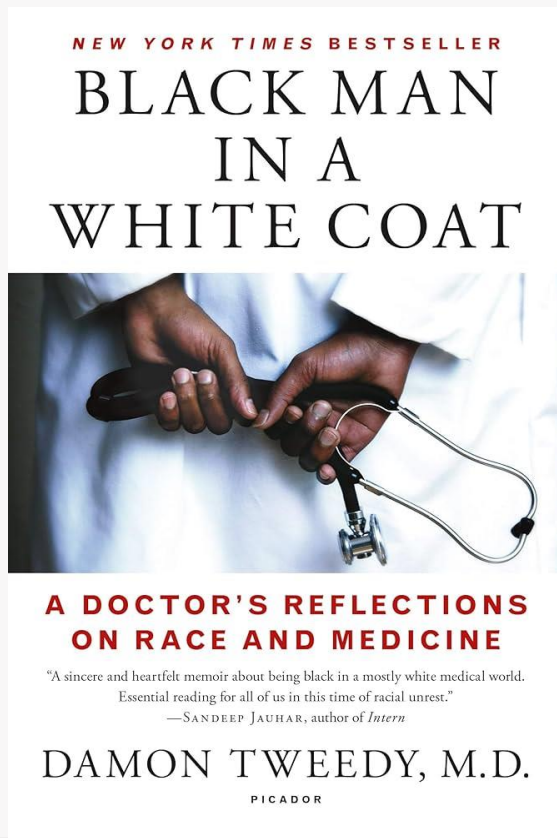


Parting Thoughts

“If I cannot do great things,
I can do small things in a great way.”

—Dr. Martin Luther King, Jr.





Damon Tweedy, M.D.

Professor of Psychiatry and Behavioral Sciences
Duke University School of Medicine



Keep in touch

Web: damontweedy.com

Email: damon.tweedy@duke.edu

Facebook: facebook.com/DamonTweedyMD

X/Twitter: [@DamonTweedyMD](https://twitter.com/DamonTweedyMD)