

The University of Chicago

DEPARTMENT OF PSYCHIATRY & BEHAVIORAL NEUROSCIENCE

NEWSLETTER

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FALL 2012



CHAIR'S MESSAGE...

Welcome!

This is the first of three seasonal (Fall, Winter, and Spring) newsletters for AY 2012-13 that our Department will be publishing this year. These newsletters are designed to inform faculty, trainees, and staff of current news in the Department and to let others outside the Department know about us and our activities. Our Department is dedicated to its three missions: Education, Clinical Service, and Research and is structured accordingly. Currently, we are developing a strategic roadmap so that we will be more robust in each of these areas in the coming years. Most important in this regard is the recruitment of outstanding faculty and the mentorship of these faculty be they primarily research or education in focus.



Emil F. Coccaro, M.D.

E.C. Manning Professor & Chair

Department of Psychiatry &

Behavioral Neuroscience

"TOP STORY"

JON GRANT, JD, MD

JOINS THE DEPARTMENT



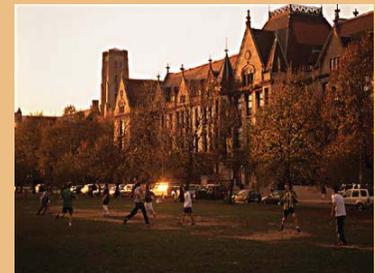
Dr. Grant is a Professor of Psychiatry & Behavioral Neuroscience at the University of Chicago, where he also supervises an outpatient clinic for addictive-impulsive-compulsive disorders. Dr. Grant is the author of nine books and over 250 peer-reviewed scientific articles focusing on behavioral addictions. He is on the editorial board of nine scientific journals, is the Director of a Center of Excellence in Gambling Research supported by the National Center for Responsible Gaming, and editor in chief of the Journal of Gambling Studies.

Dr. Grant received his A.B. from the U. of Michigan, an M.A. in English literature from the U of Chicago, a J.D. from Cornell Law School, an M.P.H. from Harvard University, and his M.D. from Brown University. Dr. Grant completed his psychiatry residency at the U of Minnesota and has been on faculty at Brown University and the University of Minnesota. He is a member of the American College of Neuropsychopharmacology (ACNP), is the Chair of the Scientific Advisory Board for the Trichotillomania Learning Center, and a board member of the South African Responsible Gambling Foundation.

Dr. Grant's research focuses on the neurobiology, neurocognition, and treatment (psychopharmacologic and psychosocial) of behavioral addictions (e.g., gambling, stealing, shopping, sex) and other impulsive/compulsive behaviors. Dr. Grant is currently examining cognitive and genetic markers that may make young adults more susceptible to developing a range of impulsive behaviors. This research also involves the development of brief cognitive treatments that could thwart the development of behavioral problems.

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UPCOMING EVENTS:

- Research Section Retreat (11/1)
- Grand Rounds: L168 (12-1:30 PM)
 - C. King, Ph.D., Univ. of Michigan (9/13)
 - J. Grant, JD, MD, U of C (9/20)
 - R. Gibbons, Ph.D., U of C (10/11)
 - A. Meyer-Lindenberg, M.D., Germany (10/25)
 - M. Keshavan, M.D., Harvard Univ. (11/8)
 - S. Keedy, Ph.D., U of C (11/15)
 - J. Fink, Ph.D., U of C (12/13)
- Case Conferences (12-1:30 PM)
 - X. Yu, M.D. (9/27— L 168)
 - M. Lerner, Ph.D. (10/18— H 103)
 - L. Ribeiro, M.D. (12/6— H 103)

FACULTY PROMOTIONS



Kristen Jacobson, Ph.D., has been promoted to Associate Professor of Psychiatry and Behavioral Neuroscience with tenure. Dr. Jacobson received her Ph.D in Human Development and Family Studies from the Pennsylvania State University in 1999. She trained in behavioral genetics at the Virginia Institute for Psychiatric & Behavioral Genetics, where she had her first faculty appointment. Dr. Jacobson joined the Department in 2005 as the Associate Director of Twins Projects, and continues her collaborative behavioral genetic research with investigators both at the University of Chicago and around the country. Dr. Jacobson recently completed a 5-year research study of biological and social influences on adolescent development, funded by an NIH Director's New Innovator Award. Dr. Jacobson's newest area of funded research is on the role of human-animal interaction on biology and behavior in children and adults. As a behavioral scientist, Dr. Jacobson's research programs bridge traditional biological and social sciences by situating biological and genetic influences on behavior within an ecological context, to better approximate the multiple levels of influence that affect individual differences in behaviors and traits. Her research program is unique in that it is highly interdisciplinary, spanning fields of developmental psychology and psychiatry, behavioral genetics, sociology, anthrozoology, neuroscience, and endocrinology.

MEDIA NOTES

Research in the Media:

Are you an animal person? It could be in your genes, by Hal Herzog. (September 7, 2012). Huffington Post http://www.huffingtonpost.com/hal-herzog/are-you-an-animal-person-_b_1859051.html

News coverage:

1. Associated Press 7/11/12 :Rep. Jackson treated for "mood disorder"
2. Chicago Tribune 8/13/12: Mayo Clinic: Rep. Jackson being treated for bipolar disorder"
3. Pew Center on the States 8/14/12: States Crack Down on Mental Health Prescriptions"

NEW ADMIN / STAFF



Elizabeth Smith-Lott, joined the Department as Executive Administrator at the end of August after 10 years of helping the CNO team. In her former role as Director Financial Operations and Administration on the Hospital side, Elizabeth oversaw Patient Services which included Michel and Comer Inpatient Hospitals with a team of ten.

In her new role, Elizabeth is responsible for Departmental administrative functions while supporting the Chair in areas such as strategy development, resource allocation, and planning and program development.

Elizabeth grew up in Nashville and did not venture far from home for school – attending Vanderbilt for a BS in Organizational Development and an MBA in Operations a few years later. Elizabeth and her husband Jon have lived in Chicago since 2000 and their five year-old son is in 1st-year at the British School of Chicago.

When not learning about the Department or crunching numbers, Elizabeth enjoys cooking, a good book on her iPad and museums.

FACULTY HONORS

Chair's Awards: 2011-2012

Most Outstanding Member of Faculty:

Kristen Jacobson / Daniel Yohanna

Best Teaching Among Faculty:

Royce Lee / Marie Tobin

Best Scholarship Among Faculty:

Daniel Le Grange / Scott Hunter

Best Citizenship Among Faculty:

Elliot Gershon / Michael Marcangelo

Trainees' Awards for Teaching Faculty: 2011-12

Steven Cherniak (PGY I)

Marcela Almeida (PGY II)

Royce Lee (PGY III)

Jeffrey Roth (PGY IV)

Overall Teaching: *Marie Tobin*

C&A Teaching: *Robert M. Galatzer-Levy*

Clinical Psychology Teaching: *Maureen Lacy*

CLINICAL MISSION: ADULT PSYCHIATRY



Daniel Yohanna, M.D., Vice-Chair and Director of Clinical Affairs & Section Chief of Adult Psychiatry.

In the last Departmental Newsletter, I wrote about the closing of six of the twelve City of Chicago Mental Health Clinics and three State Psychiatric Hospitals.

Waiting times for referrals to the State hospitals from our ED has increased and there are longer waiting lists (upwards of 40 people). In this issue, there is more bad news. In the Illinois SMART Act governing Medicaid, it will reduce spending for Medicaid recipients. To achieve savings, Medicaid will limit the number of prescriptions to **four per month**. They will phase this in over the next three months reaching the target in December. It will include all medications excluding oncolytics, anti-retrovirals, contraceptives, immunosuppressives and antibiotics. Going over the limit will require preauthorization through an on-line electronic form. Any physician may stop medications, even those that he or she did not prescribe. Our PCPs will need all our help. In addition, there will be a co-pay of \$2.00 for generic and \$3.65 for brand name drugs. For psychiatric patients, we know that when patients have difficulty getting their medications, 25% will stop them. They will be more likely to come to an emergency room and hospitalized. Stable patients that switch medications will also have more adverse events. Both groups will have increase in suicidal behavior. In addition, downstream effects are considerable with more homelessness and incarceration, which may offset any savings for the State. Can you think of any other private or public insurance policy that limits the absolute number of medications per month? This can only happen to the poor and disabled.

EDUCATION MISSION



Deborah Spitz, M.D., Director of Education.

The Office of Education handles the Adult Residency Program, Fellowships in Child Psychiatry, Psychosomatic Medicine and Student Mental Health, the Clinical Psychology Internship Program, and Medical Student Education. Almost all of our programs have had recent site visits. The

site visit of the Clinical Psychology Internship Program in the Department resulted in a dramatically positive 7-year accreditation, highly unusual and a tribute to both Scott Hunter, Ph.D. and Shona Vas, Ph.D., directors of the program. The RRC site visit of the Adult Residency Program was held on September 5, and it appears to have gone very well, thanks to the thoughtful participation of many faculty and all of the residents. The RRC also conducted a site visit of the Psychosomatic Medicine Fellowship, and that too went well, aided by the impeccable preparation of Dr. Marie Tobin. We will learn the results of these site visits in late spring, 2013. Finally, the medical school anticipates a site visit from the LCME in mid-October. All these programs are supported by the Office of Education, directed by Brandy Tyrpin and staffed by Rachel Myszak and Linnea Duckworth, who handle recruitment for all programs, manage courses and schedules, orient residents and medical students, and generally address all questions about education that come to them. I am deeply grateful to all three of these excellent staff members for the extraordinary work they have put in to prepare for the site visits, while at the same time enabling all the other educational activities, courses, and rotations to continue.

CLINICAL MISSION: C & A PSYCHIATRY



Sharon Hirsch, M.D., Section Chief, C & A Psychiatry.

As Child and Adolescent Psychiatrists we have the privilege of teaching others. We educate students in the medical school, we teach residents and fellows in the clinics and in the classrooms, but we also help educate the families we work with and the public.

In our outreach efforts, we encounter difficulties explaining the very basic issues we deal with day in and day out. Our colleagues ask us for "curb-side consults," we have calls from the media, and we interface with legislators. It is the psychiatrist's role to explain the biologic underpinnings of mental illness and it is the psychiatrist's role to identify behavioral issues as clues to understand complex disease presentation we often see. How do you understand that the non-verbal young man in your office really just needs a tooth extraction? Or that the selectively mute girl really is just too anxious to answer her teacher's question? Is it possible that she does not understand the question? Most everyone goes to see their internist, family doctor, or pediatrician, but few understand the true role of the psychiatrist in the complex medical world. We are the only specialists with in-depth training to understand diseases of the body (including the brain) manifesting in behavioral symptoms. Psychiatrists treat diseases of the brain, and the brain is still part of the body.

RESEARCH MISSION



Paul Vezina, Ph.D., Director of Research.

As I have said before, the Department's Research Section boasts several thriving research programs that incorporate a number of successful laboratories. What better way to start a new academic year but to highlight the Department's strengths in genetics research, an

area in which a number of groups in the Department have established internationally recognized, NIH funded research programs. The Department is also home to an NIH funded multidisciplinary Training Program in Psychiatric Genetics. **Dr. Elliot Gershon's** research is devoted to the biological, epidemiological, and genetic study of major psychiatric disorders with a particular focus on bipolar manic-depressive illness. **Drs. Alan Sanders** and **Pablo Gejman**, both working out of their NorthShore laboratories, are directing genome-wide associated studies of schizophrenia and working to understand the underlying biological mechanisms. **Dr. Stephanie Dulawa's** preclinical research uses genetic mouse models to study the neuronal mechanisms regulating mood with particular attention to depression, anxiety, and anorexia nervosa. Genetics research is the theme of this year's **Research Section Mini Conference** to be held November 1, 2012 in the Quad Club at The University of Chicago. You will be able to hear more about the above research programs as well as others from the University's Departments of Human Genetics and Medicine. Note that this year CME credit will be available for this Conference. MARK YOUR CALANDERS.

FACULTY SPOTLIGHT CLINICAL / TEACHING



Marie Tobin, M.D., The Consult-Liaison Psychiatry Program

Consult-Liaison (CL) Psychiatry focuses on the practice of psychiatry in the medically ill. Consultation on hospitalized patients is integrated with a communication and relationship building (liaison) strategy that facilitates effective multidisciplinary care. The adult CL team cares for all patients 18 and older. We have established sub-specialty services for our transplant programs, and to cancer patients through the Psycho-oncology Program. Care is also provided in two outpatient clinics each week. Complementing these efforts is a pediatric CL team that provides similar services to children and adolescents. A CL resident curriculum, specifically designed from guidelines developed by the Academy of Psychosomatic Medicine (APM), is taught to our psychiatry residents. Our CL fellows are exposed to a wide variety of care strategies through a comprehensive schedule of didactic lectures and case conferences. Our multidisciplinary service also supports trainees from neurology, psychology and the pain service, using a variety of teaching formats including discussion at rounds, at the bedside, and in CL-specific seminars. We are particularly excited about the rich opportunities the CL psychiatry program provides to address fundamental questions at the interface of psychiatry and medicine, to develop descriptive clinical series and interventional studies, and to perform quality improvement projects.

CLINICAL PROGRAM SPOTLIGHT



Sharon Hirsch, M.D., enjoys treating a wide range of youth and young adults. She has a unique perspective on understanding and engaging her patients, as she has spent a good deal of her training working not only as a psychiatrist, but also as a geneticist and as a trauma specialist.

"When you are not able to speak, it is frustrating," says Dr. Hirsch. Her goal in clinic as in therapy is to enable her patients to express themselves either verbally or non-verbally to improve their communication ability. She says, "It is especially important to give our non-verbal and highly anxious youth a way to convey their thoughts without needing to withdraw from the world or resort to violence." Dr. Hirsch often sees patients needing a second opinion, or who have had difficulty progressing in treatment. Her special blend of scientific knowledge, experience and genuine interest in helping patients help make her patients and their families understand what it means to be at 'The forefront of psychiatry.' Dr. Hirsch looks forward to working with her collaborators in psychiatry, furthering our understanding of psychiatric treatment through her research in behavioral phenotypes and in the genetic underpinnings of psychiatric disease. She is grateful to her patients for allowing her the privilege of working with them.

FACULTY SPOTLIGHT RESEARCH



Sarah Keedy, Ph.D. is an Assistant Professor in our department. She is a licensed clinical psychologist with neuropsychology specialization, and her career emphasis is on applying cognitive neuroscience approaches to understanding psychosis in severe mental illness, including schizophrenia and mood disorders with psychotic features.

Dr. Keedy received her Ph.D. from Rosalind Franklin University of Medicine and Science, completed her internship at the Jesse Brown VA, and her postdoctoral training was at the University of Illinois at Chicago. Dr. Keedy is currently funded by an NIMH K23 Career Development Award and a Brain and Behavior Research Foundation Young Investigator Award. The broad research questions she is working on include uncovering the neuropathology of acute psychosis and tracking how antipsychotic medication alters neural systems. Her methods include functional MRI and high density EEG, complementary tools for sensitively measuring cognition and behavior. Dr. Keedy is also interested in the phenomenology and pathophysiology of hallucinations and has developed a scale for rating dimensions of hallucination severity that may have differential association with brain measures and treatment efficacy. She conducts these studies 1) here in her Cognition & Emotion Neuroscience Laboratory, housed within the Clinical Neuroscience and Psychopharmacology Research Unit directed by Dr. Coccaro, and 2) at the University of Texas Southwestern Medical Center in collaboration with Dr. John Sweeney.

RESEARCH PROGRAM SPOTLIGHT



Emma Childs, Ph.D. is a Research Associate (Assistant Professor) in Dr. de Wit's Human Neuropsychopharmacology laboratory. Dr. Childs received her PhD from King's College London, and completed her postdoctoral training at the University of Chicago. Her research interests include the acute effects of alcohol in the brain funded

by an R21 from the NIAAA. In collaboration with researchers at Indiana University and NIDA, she has developed a method to look at dynamic changes in brain activity during acute intravenous doses of alcohol. Using this approach she is investigating whether the direct actions of alcohol in the brain differ with respect to subjective experiences of alcohol. Strong stimulant-like effects of alcohol have been linked to alcohol consumption and the susceptibility to alcohol use disorders, but it is not clear whether individual variation in the subjective response to alcohol reflects differences in the drug's neural targets. A second area of Dr. Childs' research is how associations are formed between drug effects and the environment. These relationships cause long-lasting changes in emotional and motivational systems in the brain that contribute to drug use and relapse. Recently Dr. Childs developed a human laboratory model of conditioned place preference to amphetamine. She is now extending this work to alcohol and investigating the behavioral consequences of alcohol conditioning funded by an R21 from NIAAA and a grant from the ABMRF.

SPOTLIGHT ON SCHOLARSHIP

Examples of recent peer-review publications from our faculty include:

Chen, P, & **Jacobson, K.C.** (2012). Developmental trajectories of substance use from early adolescence to young adulthood: Gender and racial/ethnic differences. *Journal of Adolescent Health, 50*, 154-163.

Coccaro EF. Intermittent explosive disorder as a disorder of impulsive aggression for DSM-5. *Am J Psychiatry.* 2012 Jun;169:577-588,2012

Cortright JJ, Sampedro GR, Neugebauer NM, **Vezina P.** Previous exposure to nicotine enhances the incentive motivational effects of amphetamins via nicotine-associated contextual stimuli. *Neuropsychopharmacology* 2012;37: 2277-2284

Mathews CA, **Badner JA,** Andresen JM, Sheppard B, Himle JA, Grant JE, Williams KA, Chavira DA, Azzam A, Schwartz M, Reus VI, Kim SW, Cook EH, Hanna GL. Genome-wide Linkage Analysis of Obsessive-Compulsive Disorder Implicates Chromosome 1p36. *Biol Psychiatry.* 2012 May 24

Scott, Megan N.; Taylor, H. Gerry; Fristad, Mary A.; Klein, Nancy; Espy, Kimberly Andrews; Minich, Nori; & Hack, Maureen. (2012). [Behavior disorders in extremely preterm/ extremely low birth weight children in kindergarten.](#) *Journal of Developmental & Behavioral Pediatrics, 33(3):202-213.*

SPOTLIGHT ON TRAINEES

Our New Clinical Psychology Interns:



Yasmin Asvat, M.A., our Adult intern comes to UCM from The University of South Florida where she is completing her Ph.D. in clinical psychology. Yasmin is originally from Panama and obtained her bachelor's degree in Psychology at the University of Toronto and a master's degree in Psychology at San Diego State University. She is the recipient of a prestigious grant from the Department of Defense to support her dissertation which examines the role of physical activity in breast cancer survivors. Yasmin is currently completing rotations on the Adult Consultation/Liaison Service and in the Psycho-oncology Clinic.



Anna Ciao, M.A., is a doctoral candidate in the Department of Psychology at the University of Hawaii and is an intern on the Eating Disorders Track. Anna obtained her bachelor's degree at Trinity University in San Antonio, Texas and her master's degree at the University of Hawaii. Anna is the recipient of multiple awards including fellowships from the Association of University Women and the Academy of Eating Disorders. She has already defended her dissertation which examines interventions to prevent eating disorders in high school girls. Anna is currently working in the Adolescent Eating Disorders Clinic and the Center for the Surgical Treatment of Obesity.

SPOTLIGHT ON TRAINEES



Fernando Espi Forcen, M.D., is a current PGY-IV in our Child and Adolescent Psychiatry Program. He was born and raised in Spain and after graduating from medical school at the University of Murcia, he went to the United States to pursue a residency in general psychiatry in Cleveland, OH. After that he came to Chicago (his favorite city in the US) and is interested in developing a research career. Fernando likes to read European Philosophy and History. His identical twin brother is an Art History Professor in Spain and together they gave a talk on Psychiatry and Art History in Cleveland and are working on a paper about demonic possessions and mental illness in the Middle Ages. Also he loves music, especially jazz and hard rock and loves going to listen to live music in the Chicago area. He enjoys going to old theaters to watch independent and international films and also has a secret passion for horror movies. He loves cooking European food and enjoys going to all the international restaurants in Chicago.



Anna (Anya) Piotrowski, M.D., is a second year Adult Psychiatry Resident at the University of Chicago. Anya grew up in California and she completed her undergraduate education at the University of California, Davis where she earned a BS with Honors in Genetics. Anya then spent a year working as a Health Advocate for a non-profit organization in Sacramento, CA. She completed her undergraduate medical training at the University of California, Irvine where she developed an interest in Psychiatry and Organized Medicine. Anya moved to Chicago with her husband to pursue her graduate medical education. She is interested in Psychosomatic medicine, Medical Ethics, and Organized Medicine. Along with being a resident, she is a member of the Governmental Affairs Council of the Illinois State Medical Society and also serves on the Resident and Fellow Section Governing Council of the Illinois State Medical Society.

SPOTLIGHT ON ADMINISTRATION



Cindy Bogue, B.S.N., is the Adult Psychiatric Nurse Associate. She has been a nurse for 25 years. Cindy began her career in healthcare while in high school as a phlebotomist. Some years later she earned her C.N.A. Eventually she went on to become a Registered Nurse. Knowing she wanted to be a psychiatric nurse, she first started her nursing career working as an acute care neurological nurse. Eventually she went on to realize her dream of being a psychiatric nurse starting as an inpatient adolescent psychiatric nurse. Since then she has worked as a staff nurse in all areas of psychiatry and with all ages of patients. She has performed psychiatric and chemical dependency Case Management for all settings. Additionally, Cindy also worked as a critical care and research nurse. She has long been an advocate of the mentally ill and developmentally disabled and has given public speeches about their needs. Her future goal is to get more active in advocating for the mentally ill and developmentally disabled. Cindy recently completed the Train the Trainer class and is now a certified teacher of CPI. She is a contributing author of an article recently published in the European Eating Disorders Journal.

CLINICAL PROGRAMS

Adult Psychiatry Programs:

Mood Disorder Program*
Addiction Disorders Program*
Anxiety Disorder Program*
Personality Disorder Program*
Aggression Disorder Program*
Obesity Program
Psychotic Disorder Program*

Inpatient Psychiatry
Consultation-Liaison Psychiatry
Adult Clinical Neuropsychology

Child & Adolescent Programs:

Mood & Anxiety Disorder Program*
ADHD and Disruptive Disorder Program*
Developmental Disorder Program*
Eating Disorder Program*

Inpatient Psychiatry
Consultation-Liaison Psychiatry
C&A Clinical Neuropsychology

***Call Intake @ (773) 702-3858**

RESEARCH PROGRAMS

Behavioral and Chemical Addictions (Dr. Grant)

Behavioral Genetic Studies of Aggression and Antisocial Behavior (Dr. Jacobson)

Behavioral Neuroscience Research Laboratory (Dr. Vezina)

Biologic & Pharmacologic Treatment Studies of Impulsive Aggression (Dr. Coccaro)

Biological and Treatment Studies of Nicotine and Alcohol Addiction (Dr. King)

Biological Studies of Stress and Personality (Dr. Lee)

Eating Disorder Treatment Studies (Dr. le Grange)

Human Neuropsychopharmacology (Dr. de Wit)

Molecular Genetics of Mood & Psychotic Disorders (Drs. Gershon, Badner, and Liu)

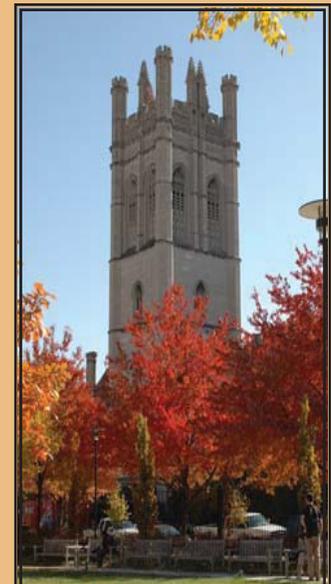
Molecular Psychopharmacology (Dr. Dulawa)

Multi-Cultural Health Research Program (Dr. Sanchez-Johnsen)

Neuroscience of Psychosis (Dr. Keedy)

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<http://psychiatry.uchicago.edu>