

The University of Chicago

DEPARTMENT OF PSYCHIATRY NEWSLETTER

VOLUME 1, ISSUE 2 WINTER 2008

CHAIR'S MESSAGE...

Welcome!

This is the second of three seasonal (Fall, Winter, and Spring) newsletters that our Department will be publishing each 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 implementing a strategic roadmap so that we will be more robust in each of these areas in the coming years.

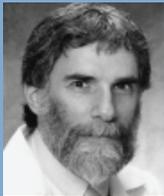
Emil F. Coccaro, M.D.

**E.C. Manning Professor & Chair
Department of Psychiatry**



"TOP STORY"

DEPARTMENT SETS UP NEW INPATIENT TEACHING SERVICE AT MERCY MEDICAL CENTER



The University of Chicago, Department of Psychiatry, teaching service at Mercy Hospital and Medical Center (MHMC) successfully opened on February 1, 2008. With two attending psychiatrists, (Drs. Fred Ovsiew, Upper Left, and Daniel Yohanna, Lower Left), three residents and two medical students, the service is fully prepared to treat up to 18 patients at a time. Although the census has not reached that level yet, patients have been referred from the inpatient units at UCMC and from the Billings Emergency Department. The teaching service has worked with the Emergency Department and the Consultation team to develop and refine protocols for transfers to Mercy Hospital. The ECT service has also been moved to MHMC. Under the direction of Dr. Steve Dinwiddie, the service treats patients Monday, Wednesday and Friday mornings. For referrals or questions about the services at MHMC feel free to contact us at 773-844-7008.



The move to Mercy Hospital is part of Dean Madara's Urban Health

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UPCOMING EVENTS:

- Winter Faculty Dinner at Home of the Chair (2/29 & 3/1)
- Mercy—U of C Reception at Home of the Chair (3/2)
- Grand Rounds: L168 (12-1:30 PM)
 - Gerry Sanacora, M.D., Yale (1/10)
 - Daniel Yohanna, M.D., U of C (1/17)
 - Doug Bremner, M.D., Emory (1/31)
 - Glen Gabbard, M.D., Baylor (2/14)
 - Marie Tobin, M.D., U of C (2/21)
 - Laura Roberts, M.D., MCW (3/13)
 - Jane McAtee, J.D., U of C (3/20)
- Case Conferences: L168 (12-1:30 PM)
 - Anthony Ruocco (Psych Intern: 2/28)
 - Ilana Gonik & Teri Stasiewicz (Psych Interns: 3/27)

TOP STORY

Initiative (UHI) to move primary care services to community partners and concentrate our capacity at UHMC for complex medical/surgical care. To meet this goal, the Department of Psychiatry has expanded the Consultation-Liaison Service, hiring a second Consultation Psychiatrist to begin in July (Dr. Michael Marcangelo, M.D.) and adding a nurse (Ms. Sandra Hubbard, R.N.) and a Social Worker (Ms. Julie DallaRosa) to the service to improve access for inpatients and for follow-up outpatient care. In the outpatient programs, we have started a Transplant Clinic for patient evaluations prior to and after transplant and will expand the number of Med-Psych Clinics for patients with significant medical problems referred for outpatient psychiatric care.

For inpatient referrals to the Consultation-Liaison Service, directed by Marie Tobin, M.D., please page the C-L Adult Pager at 6504 or the C-L C&A Pager at 4698. For outpatient appointments, please call the Intake Line at 773-702-3858.

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CLINICAL MISSION: ADULT PSYCHIATRY



In a given year, one in four adult Americans will have a diagnosable mental illness and one in seventeen will be diagnosed with a serious mental illness. In the Adult Section of the Department of Psychiatry, considering the Dean's Urban Initiative, partnerships with community providers becomes essential. Lack of insurance or under insurance adds to people's difficulty getting treatment. Focusing on our Intake Service will be an important part of finding appropriate service for the many adults who call the Department seeking care. Even so, there are inadequate services in Chicago for the many people who need treatment. The Adult Section of the Department of Psychiatry is concentrating on our research areas, training residents and interns and complex patient care. Just what is complex care in Psychiatry? Is it a patient with psychotic symptoms who has had a transplant? A depressed patient who has failed several treatments in the community? Clinical trials for the treatment for eating disorders, anxiety or aggression? It is likely all of the above and the programs we offer will need to reflect this. In addition to clinical trials, the outpatient programs offer clinics in resistant depression, psychosis, geriatrics, transplant, anxiety, neuropsychiatry, med-psych, and general clinics. We will soon be starting an oncology clinic to treat patients who are being treated for cancer on our campus. For an appointment, call our intake number at 773-70-ADULT (2-3858)

HONORS & MEDIA NOTES

Media Notes (Selected)

Dr. King: "10 ways for women to improve their health." Prevention Magazine (3/07). Research on naltrexone in women's smoking cessation presented in this article.

Dr. Coccaro: Interview for NY Public Radio (WNYC) on "Please Explain" about anger and aggression <http://www.wnyc.org/shows/lopate/explain.html> (1/4/08). Also, Channel 5 News on 2/9/08 about the Tinley Park Shooting.

Drs. Chen & King: On TV Show "26 N. Halstead" (WCIU) 1/13/08 talked about obesity & smoking research & treatment.

Dr. Spitz: On ABC News Channel 7, 2/13/08, a very brief interview around St. Valentine's day about dating, the internet, whether people's expectations for relationships are too high especially around St. Valentine's day; second, WTTW Channel 11, 2/20/08 on Chicago Tonight about Seasonal Affective Disorder (<http://media.vmsnews.com/MR.pl?id=022108-573133-Q001330500>).

Dr. Nierman: was quoted in the Chicago Tribune on 2/17/08 in a front page article on the shootings in DeKalb and the new state law to have mental health professionals register potentially violent or high risk patients with the state. His quote reflected his concern with mental health professionals becoming part of a larger state surveillance program and concerns on privacy.

CLINICAL MISSION: C & A PSYCHIATRY



The Child and Adolescent Psychiatry Match date was 1/9/08. Please help me in welcoming our new fellows- Dr. Astrid Herard and Dr. Khalid Afzal. Dr. Herard is in her 3rd year of Psychiatry training at The University of Chicago. Dr. Afzal is currently the Chief Resident in Psychiatry at Texas Tech University in Lubbock. He has been active in research while at Texas Tech. We are looking forward to having our full complement of Child and Adolescent Psychiatry residents starting in July. Drs. Gaffrey and Womack are looking forward to moving on to the second year of fellowship then. Our outpatient clinics continue to expand and have evaluated an impressive number of new patients this last quarter in both the general clinics and the eating disorders clinics. Many of these evaluations represent second opinions, but we are happy to accept patients needing evaluation and treatment as well as patients needing second opinions. Dr. Nierman continues to expand his service at Lakeshore Hospital, and has been running a full census there. For referrals to our outpatient clinics, please call 773-702-3858. For referrals to our consultation liaison service please page #4698. We are looking forward to an impressive array of grand rounds and colloquium speakers in child and adolescent psychiatry this spring, including a visit by Dr. Tim Wilens of Harvard University. Grand Rounds are Noon on Thursday and colloquium is the first Weds of the month at 0900. We look forward to seeing you there.

E D U C A T I O N M I S S I O N



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

Honors and Accolades! In the area of **Medical Student Teaching**, we have a number of new developments. Our residents and faculty continue to get high ratings as teachers. This year we have implemented a new and more consistent approach to teaching the clerkship preceptor groups, developed by **Elizabeth**

Kieff, M.D. We are happy to announce that **Michael Marcangelo, M.D.**, who will be joining the faculty in July as part of the Consultation-Liaison service, will assume the position of Director of Medical Student Education in the Department of Psychiatry. When Mike was a resident here he was honored by the medical students as a stellar teacher, and he will be working with our faculty over the coming months to redesign the third-year medical student clerkship in psychiatry. **Joey Cooper, M.D.**, currently a PGY-2 resident, has been chosen by the fourth year medical students to receive the Gold Humanism Honor Society Humanism and Excellence in Teaching Award, based on the teaching he did as a medical student; Joey was the teaching assistant to our second-year medical student course on Human Behavior this past fall. In **Residency Education**, we have now finished our recruitment and submitted our match list. The **Psychology Internship** program matched a superb group of four interns for the coming academic year, with expertise in eating disorders, neuroimaging, neuropsychology and neurodevelopmental issues.

D E P A R T M E N T A L E V E N T S & A C T I V I T I E S

Upcoming Events:

- Winter Faculty Dinner at Home of the Chair (2/29 & 3/1)
- Mercy — U of C Brunch at Home of the Chair (3/2)
- Grand Rounds: L168 (12-1:30 PM)
 - Gerry Sanacora, M.D., Yale (1/10): GABA & Depression
 - Daniel Yohanna, M.D., U of C (1/17): Wrongful Death
 - Doug Bremner, M.D., Emory (1/31): PTSD Biology
 - Glen Gabbard, M.D., Baylor (2/14): Personality Dx
 - Marie Tobin, M.D., U of C (2/21): C-L Psychiatry
 - Laura Roberts, M.D., MCW (3/13): Ethics in Psychiatry
 - Jane McAtee, J.D., U of C (3/20): Med-Legal Session
- Case Conferences L168 (12-1:30 PM)
 - A. Ruocco (Psych Intern: 2/28)
 - T. Stasiewicz & I. Gonik (Psych Interns: 3/27)

R E S E A R C H M I S S I O N



Emil Coccaro, M.D., Director of Research.

The Department of Psychiatry faculty have submitted 40 grants so far this year. These were as follows NIH grants: 10 RO1s, 6 R21s, 4 RO3s, 2 R34s, 1 F32, 1 K22, and 1 K23. For other grants, these were as follows: 6 Private Foundation Grants, 5 Subcontracts, 2 Contracts, 1 Clinical Trial and 1 Letter of Intent.

New NIH Research Grant Awards have gone to:

(or are about to go to....) Eunice Chen, Ph.D. (K Award in Eating Disorders), Chunyu Liu, Ph.D. (R21 studying Adult DAOA genes in Transgenic Mice), Michael McCloskey, Ph.D. (RO3 in Self-Aggression & Alcohol), Emil Coccaro, M.D. (RO1 in fMRI Studies in Twins). The K Award for Dr. Chen is especially notable as it is getting very difficult to "nab" one of these important training grant awards!

Enjoy the bubbly.....!



S P O T L I G H T O N S C H O L A R S H I P

Only A Very Partial List.....,

de Wit H, Flory JD, Acheson A, **McCloskey M**, Manuck SB (2007). IQ and Nonplanning Impulsivity are independently associated with delay discounting in middle-aged adults. *Personality and Individual Differences* 42:111-121

Liu C, Shi J, **Badner, JA**, Zou H, Qian Y, **Gershon ES** (2007). No Association of Trace Amine Receptor Genes with Bipolar Disorder. *Molecular Psychiatry* 12(11):979-981.

Childs E, de Wit H (2008). Enhanced mood and psychomotor performance by a caffeine-containing energy capsule in fatigued individuals. *Exp Clin Psychopharmacol.* 16, 13-21.

King A, Sánchez-Johnsen L, Van Orman S, Cao D, Matthews, A (2008). Community-Based Intensive Smoking Cessation Intervention in African Americans: Feasibility, Acceptability, and Early Outcome Indicators. *Journal of the National Medical Association.*

McCloskey M, Ben-Zeev D, **Lee R, Coccaro EF** (2008). Prevalence of suicidal and self-injurious behavior among subjects with Intermittent Explosive Disorder. *Psychiatry Research*, 158, 248-250.

FACULTY SPOTLIGHT



Tina Drossos, Ph.D. joined the U of C in August of 2006. Dr. Drossos obtained her BS in Psychology and Biology from Loyola University. She received her Ph.D. in Clinical Psychology from the Illinois Institute of Technology; Institute of Psychology. Dr. Drossos completed

her clinical internship training at The Children's Hospitals and Clinics in Minneapolis and then went on to do a post-doctoral fellowship at Children's Memorial Hospital in Chicago with an emphasis in pediatric consultation/liaison. Dr. Drossos works mainly with the multi-disciplinary C&A consultation/liaison service providing both timely and comprehensive assessments of psychiatric concerns in medically ill patients and psychotherapy and supportive services, if applicable for patients who are hospitalized long-term in the Comer Children's Hospital. Additionally, she tries to follow these patients who need ongoing therapy on an outpatient basis to provide strategies in assisting them with issues such as: coping with chronic medical illness, pain management, or a somatoform disorder. In addition, Dr. Drossos works very actively in the general outpatient clinical C&A program providing psychological therapy services to patients presenting with a wide variety of psychiatric disorders including mood and anxiety disorders and behavior disorders. Dr. Drossos is also involved in providing clinical supervision to psychology interns/externs and teaching to the various trainees within the Department

FACULTY SPOTLIGHT



Lisa Sánchez-Johnsen, Ph.D., *Assist. Professor.* received her Ph.D. in Clinical Psychology from Rosalind Franklin University of Medicine and completed her internship at U of C and a fellowship in ethnic minority health & obesity at Northwestern. In her current NIH-funded research, she is developing a culture and

community-based diet, physical activity, body image, and tobacco education intervention for overweight Latina women. She also has a "Campus and Community Health Disparities Pilot Grant" sponsored by the U of C Department of Medicine to implement this research using a community based participatory research framework. For the past seven years, she has been a Health Disparities Research Scholar with the NIH-National Center for Minority Health and Health Disparities. She is, also, the founder and past chair of the Ethnic Minority and Multicultural Health Special Interest Group in the Society of Behavioral Medicine; Past Editor and Board Member of the National Latino Psychological Association; and Founder/Organizer of the Hispanic/Latino Health Community Advisory Boards in Illinois and Hawaii. She also received a Presidential Latino Leadership Citation award for her research on Latino cancer disparities from the American Psychological Association, and a Presidential Award for Leadership and Service to the National Latino Psychological Association. Finally, she is the Director of the "Multicultural and Ethnic Minority Issues" seminar, and aims to help others to develop the awareness, knowledge, and skills needed to work effectively with diverse ethnic groups.

CLINICAL PROGRAM SPOTLIGHT



The **Adult Anxiety Clinic** is directed by **Shona Vas, Ph.D. & Emil Cocco, M.D.** We provide integrated services involving cognitive-behavioral assessment and psychotherapy with medication monitoring.

The clinic is staffed by Drs. Vas and Cocco with the invaluable assistance of several trainees. In the past year, Carmen McLean (psychology intern), Audrey Nauta and Heidi Grathouse (psychology externs), Drs. Berdine Chong, Nicholas Patniyot, Astrid Herard, & Theodote Pontikes (psychiatry residents) have been members of the anxiety clinic team. Weekly meetings are held to discuss patient care, relevant research, and education issues relevant to delivery of evidence-based practice. Referrals to this program are made by many departments within the medical center (e.g. Medicine, Surgery, Ob/Gyn) and the university community (e.g. SCRS). All patients receive a comprehensive assessment including a semi-structured diagnostic interview and several self-report measures. Diagnoses include panic disorder, agoraphobia, generalized anxiety disorder, PTSD, obsessive compulsive disorder, and social and specific phobias in addition to other psychiatric conditions. Individual and group therapy are provided using empirically supported treatment protocols. Our psychiatrists coordinate medication management to maximize our patients' therapeutic benefits in terms of symptom relief and relapse prevention. Please call Dr. Vas or the Intake Office for further details/questions.

RESEARCH PROGRAM SPOTLIGHT



The Self and Other Directed Aggression (SODA) laboratory, Directed by **Michael McCloskey, Ph.D.**, Assistant Professor, is focused on integrating behavioral, self-report and neuroscience approaches to investigate correlates of pathological aggression and develop more efficacious treatments. This includes research on the etiology and treatment of Intermittent

Explosive Disorder (IED), a psychiatric disorder characterized by recurrent impulsive aggression. We have recently published studies highlighting the utility of verbal aggression in IED and showing an association between IED and both suicide attempts and self-injurious behavior. We have also recently completed a study showing amygdala hyper-activation among subjects with IED during explicit emotional identification. In terms of psychotherapy outcome research, we have completed a pilot study comparing a 12-week cognitive behavioral treatment (CBT) for IED with a wait list group. The results (in press) showed a 65% reduction in aggression for subjects in the CBT condition compared to slight increase in aggression for subjects in the wait-list condition. These results were encouraging enough to get funding to conduct a second trial comparing CBT to supportive psychotherapy. We are currently in year 2 of this 3 year study. Some of our other studies, among others, include a validation of a laboratory analogue of self-aggression and research on neurofunctional deficits associated with emotional information processing among suicidal individuals.

SPOTLIGHT ON TEACHING FACULTY



Susan Fisher, M.D. is Clinical Professor in the Department of Psychiatry and the Committee on Human Development at The University of Chicago. Dr. Fisher has been teaching residents at The University of Chicago since 1979, and currently teaches a highly regarded PGY-3 seminar and reading course entitled "Advanced Psychodynamic Theories". Dr. Fisher trained at the Columbia University College of Physicians and Surgeons, did her residency at Massachusetts Mental Health Center in Boston and her child psychiatry fellowship at Children's Hospital of Washington, D.C, and went on to complete a National Institute of Mental Health fellowship in Adolescent psychiatry. She graduated from the Chicago Institute for Psychoanalysis in 1987 and has been a Training and Supervising Analyst since 1997. Dr. Fisher is also the author of two books, *To Do No Harm: DES and the Dilemmas of Modern Medicine* and *Talking with Young Children about Adoption*, and numerous articles and book chapters. She is particularly interested in maintaining a focus on psychodynamic psychotherapy as psychiatric training becomes increasingly, and often appropriately, more biological. With a humorous, passionate and engaged style, she has interested generations of psychiatric residents in thinking about the meaning of relationships in psychotherapy. Dr. Fisher maintains a private practice and continues to write and consult at various institutions. We are delighted to have her on our faculty.

SPOTLIGHT ON TRAINEES



Anthony Ruocco, M.S. (Psychology Intern) is currently a clinical psychology doctoral candidate in the neuropsychology program at Drexel University. Anthony completed his undergraduate degree in psychology at York University (Toronto, Canada). His research focuses on the neurocognitive features of personality disorders and has garnered him the Young Investigator Award of the American Neuropsychiatric Association and Student Research Award of the Philadelphia Neuropsychology Society. More recently, Anthony has focused his research efforts on neuroimaging in the study of personality disorders and is embarking on the development of functional near infrared spectroscopy, a neuroimaging device which allows for real-time monitoring of brain activity. His dissertation is an *in vivo* functional neuroimaging study of interpersonal interaction, specifically examining the neural correlates of interpersonal rejection in borderline personality disorder. The overarching aim of Anthony's research is to translate his findings from affective and social neuroscience to clinical settings and intervention for patients with personality disorders. He will begin his post-doctoral studies in neuropsychology this summer at the UIC where he will combine his clinical/research interests under the mentorship of Neil Pliskin, Ph.D., and John Sweeney, Ph.D.

SPOTLIGHT ON TRAINEES



Joseph Cooper, M.D. (PGY-2 Resident) returned to the University of Chicago in 2007 to continue his residency training in Psychiatry as a PGY-2. After graduating from the University of Chicago Pritzker School of Medicine in 2006, Dr. Cooper completed his Internship in Psychiatry at the University of California San Diego. Dr. Cooper has a strong interest in education and academic psychiatry. He has taken on an important role in medical student education, including serving as teaching assistant for the second-year course on Human Behavior in Health and Illness, and conducting review sessions for third-year medical students to prepare them for the Psychiatry Clerkship "Shelf Exams". In medical school, he twice was a teaching assistant in the first-year Medical Neurobiology course, for which he was given the Teaching Assistant Award for Most Outstanding T.A. in 2004. Most recently, he was selected by the current Pritzker medical students as a recipient of the Gold Foundation Humanism & Excellence in Teaching Award. Dr. Cooper has a particular interest in Neuropsychiatry. It is his hope that as we continue to learn about the neurobiological underpinnings of psychiatric disorders, that the wisdom from both the fields of Neurology and Psychiatry can be better integrated in the practice of each.

SPOTLIGHT ON STAFF



Jeanette Pach, B.S. Human Resources / Academic Affairs. Jeanette Pach joined the University of Chicago, Department of Psychiatry in October 2003 as the Human Resources Administrator. Previous to this position she worked as the Human Resources Representative for American Marketing Systems, Inc, a direct marketing firm. Prior to joining the University, Ms. Pach worked in several areas of human resources, including recruitment, organizational development, and personnel development. Jeanette's education in business includes a Bachelors of Science degree in Business Administration, with a concentration in Marketing and minor in finance. Complimented with eight years human resources generalist experience Ms. Pach has a strong foundation for her work in the Department of Psychiatry. Ms. Pach will continue to partner with faculty and staff in regards to overall Human Resource and Academic needs. Ms. Pach is always ready to lend a hand and believes in the concept of "team spirit." Ms. Pach is a native of Chicago and currently resides in the far south suburbs, where in her spare time, she enjoys spending time with family and friends, traveling, renovating her home along with her 15 year old daughter, Leanne.

CLINICAL PROGRAMS

Adult Psychiatry Programs:

Mood Disorder 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 CBT Treatment Studies of Impulsive Aggression (Dr. McCloskey)

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)

Obesity Research Treatment Studies (Dr. Chen)

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