

The University of Chicago

DEPARTMENT OF PSYCHIATRY & BEHAVIORAL NEUROSCIENCE

NEWSLETTER

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CHAIR'S MESSAGE...

Welcome!

This is the first edition of our biyearly (Fall and Spring) newsletters for this year. These newsletters are designed to inform faculty, trainees, and staff of current news in the Department (DPBN) and to let others outside the Department know about us and our activities. We have chosen the Spring and Fall/Winter for our newsletters to celebrate those who are graduating from the programs and in the Fall for the recruitment of new faculty, trainees and new programs. The Mission of the DPBN is to provide evidenced-based psychiatric and mental health services for infants, children, adolescents, adults and older adults to promote research, training and serve patients significantly affiliated with the Medical Center or the University.



Daniel Yohanna, M.D.

**Associate Professor & Interim Chair
Department of Psychiatry &
Behavioral Neuroscience**

"TOP STORY"

Our Network is Growing!

By the time you read this, University of Chicago Medicine will have acquired the Ingalls Healthcare System into our network. For the DPBN, this means affiliating with a large psychiatric program that we hope will enhance our services to the community and opportunities for our medical center. Ingalls Hospital in Harvey has five inpatient units: an adolescent unit; two adult units, an addiction program and a geriatric unit. In addition they have intensive outpatient group programs in Harvey and at the Tinley Park and Flossmoor outpatient facilities. We are excited that Ingalls will be another location for clinical care, an educational experience for our trainees and for research opportunities.

For all of the Departments at the University of Chicago, this will be an exercise in integrating care within departments and for interdepartmental projects. The DPBN looks forward to this new challenge.



UPCOMING EVENTS:

GRAND ROUNDS

Outside Speakers / L168 (12-1:30 PM)

F. Waters, MSc, MPsych, Ph.D.
University of Western Australia (9/29/16)

T. Joiner, Ph.D.
Florida State University (10/13/16)

S. Woolhandler, M.D.
Harvard Medical School (11/10/16)

F. Frohlich, Ph.D.
Univ. of N. Carolina at Chapel Hill (1/14/17)

Inside Speakers (12-1:30 PM)

Jon Grant, JD, MD, MPH (9/15/16) in M137

Khalid Afzal, M.D. (10/20/16) in M 137

Jessica Weafer, Ph.D. (11/17/16) in L 168

Case Conferences (12-1:30 PM)

Joan Roig Llesuy, M.D. (10/27/16) in TBA

Carolyn Shima, M.D. (12/8/16) in TBA

Trixie Lipke, M.D. (12/15/16) in H 103

Jesus Chavarria, M.A. (1/19/17) in H 103

Nicholas Austin, M.D. (1/26/17) in TBA

NEW FACULTY

Our Department is growing through the recruitment of three new psychiatrists to our faculty, each of whom will assume major responsibility in both education and clinical care.



Stephanie Lichtor, M.D., a triple-board graduate of Brown University's Residency in Adult Psychiatry, Child Psychiatry, and Pediatrics, has taken on outpatient clinical and teaching duties and will work collaboratively with the Department of Pediatrics to develop mental health services in a pediatric setting.



Holly Shiao, M.D., a graduate of the University of Texas, Galveston Adult Psychiatry Residency with fellowship training in Psychosomatic Medicine from the University of Texas, Austin, is working closely with Dr. Marie Tobin on providing psychooncology services to outpatients and inpatients at UCM, as well as deepening a liaison presence with the oncology service.



Erin Zahradnik, M.D., a graduate of Yale's Psychiatry Residency Program with fellowships in both Geriatric Psychiatry and Palliative Care from Mt. Sinai, has assumed responsibility for our geriatric clinical training and didactic instruction. She supervises residents in geriatric clinics at South Shore and at UCM, and will be seeing patients at Montgomery Place as well.

We welcome all three new members of our faculty, and expect to learn from their expertise and enthusiasm.

FACULTY HONORS

Trainees' Awards for Teaching Faculty: 2015 - 2016

Jon Grant, JD, MD, MPH (PGY I)
Martin Paisner, M.D. (PGY II)
Royce Lee, M.D. (PGY III)
Harry Trosman (PGY IV)

Overall Teaching:
Joseph Cooper, M.D.

C&A Teaching:
Peter Nierman, M.D.

Clinical Psychology Teaching:
Nancy Beckman, Ph.D.

MEDIA NOTES

Dr. Stephanie Cacioppo discuss the neural bases of social connections and interpersonal attraction: <http://www.bbc.com/earth/story/20160212-the-unexpected-origin-of-love>

Dr. Shona Vas discuss the importance of routinely screening pregnant women for depression following a recommendation by the U.S. Preventive Services Task Force that recommended that all adults in primary care settings be screened for depression: <http://chicago.cbslocal.com/2016/01/26/government-panel-recommends-pregnant-women-get-screened-for-depression/>

Drs. Emil Coccaro and **Royce Lee** discuss Toxoplasma exposure in IED: <http://www.scientificamerican.com/article/rage-disorder-linked-with-parasite-found-in-cat-feces/>

SPOTLIGHT ON SCHOLARSHIP

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

Cacioppo S, Weiss RM, Cacioppo JT. Dynamic spatiotemporal brain analyses of the visual checkerboard task: Similarities and differences between passive and active viewing conditions. *Psychophysiology*. 2016 Jul 9. DOI: 10.1111/psyp.12723

Cooper JJ, Grant J. Refractory OCD Due to Thalamic Infarct With Response to Dronabinol. *J Neuropsychiatry Clin Neurosci*. 2016 Aug 19: [Epub ahead of print]

Cavallo, JS, LM Mayo, **H de Wit** (2016) Acquisition of conditioning between methamphetamine and cues in healthy humans. *PLoSOne*,11(8):e0161541

Coccaro, E. F., Fridberg, D. J., Fanning, J. R., Grant JE, King, A. C., & Lee, R. Substance use disorders: Relationship with intermittent explosive disorder and with aggression, anger, and impulsivity. *Journal of Psychiatric Research*, 81, 127-132.

Grant JE, Chamberlain SR, Redden SA, Leppink EW, Odlaug BL, Kim SW. N-Acetylcysteine in the treatment of excoriation disorder: A randomized clinical trial. *JAMA Psychiatry*. 2016 May 1;73(5):490-6

Hunter, S.J., Gozal, D., Smith, D.L., Philby, M.F., Kaylegian, J., & Kheirandish-Gozal, L. (2016). Effect of sleep-disordered breathing severity on cognitive functioning performance measures in a large community cohort of young school-aged children. *American Journal of Respiratory and Critical Care Medicine*. PMID: 26930303

King, A.C., Cao, D., O'Connor, S.J., McNamara, P.J. (2016). A prospective 5-year re-examination of alcohol response in heavy drinkers progressing in alcohol use disorder (AUD). *Biological Psychiatry* 76: 489-498. PMID: 23117308, PMCID: PMC 4644521.

Lee R, Arfanakis K, Evia AM, **Fanning J, Keedy S, Coccaro EF**. White matter integrity reductions in intermittent explosive disorder. *Neuropsychopharmacology* 2016; 41: 2697- 703.

CLINICAL MISSION: ADULT PSYCHIATRY



Jon Grant, JD, MD, MPH, Professor and Section Chief of Adult Psychiatry

There have been several clinical changes in the adult outpatient program at the Department of Psychiatry & Behavioral Neuroscience during the past year and more planned for the coming year. Outpatient services have expanded to include more family/couples therapy, a new smoking cessation group, and a more expansive program to treat obsessive compulsive disorder at varying levels of intensity, just to name a few. In terms of the upcoming year, discussion is underway concerning a 23-hour observation unit as well as a detoxification unit both intended for the University Hospital. In addition, the merger with Ingalls Hospital offers the exciting possibility of expanded services such as an inpatient psychiatric unit, partial hospital programs and a chemical dependency unit. Over the next year or so we will plan to hire new psychiatrists, psychologists, and social workers to meet this growing demand. Although we are a relatively small department and need to examine where best to put our resources, all of these options reflect an exciting time clinically for the Department.

EDUCATION MISSION



Deborah Spitz, M.D., Director of Education

In October 2016, Dr. Joseph Cooper assumed the role of Director of the Adult Residency Program, while I will continue my involvement as Co-Director of Residency Training and Vice Chair for Education and Academic Affairs. This step has been planned for some time. Dr. Cooper and I have worked closely together over the past several years on all aspects of the adult residency, including recruitment, curriculum development and evaluation. In particular, Dr. Cooper has spearheaded our recruitment effort, tirelessly reviewing a growing number of residency applications from competitive candidates and developing an algorithm that fuses educational excellence, geographical connection and clinical and research aspirations. This approach has yielded a superb group of residents as well as an increasing number of minority residents, bringing diversity, passion, discipline and fun to our residency program. Dr. Cooper has also taken a major role in the development of neuropsychiatry education in our Department, reviewing what we teach at each level and adding didactic and clinical experiences in neuropsychiatry and neuromodulation. His teaching responsibilities include a new PGY-1 course in neuropsychiatry and neuroanatomy that will integrate the PGY-1 neurology experiences with psychiatry; a PGY-2 course in neuropsychiatry which includes building brains and brain structures with play-doh; a PGY-3 neuropsychiatry clinic; and a robust PGY-4 rotation in ECT which can lead to certification as an independent practitioner. We are lucky to have Dr. Cooper!

CLINICAL MISSION: C & A PSYCHIATRY



Karam Radwan, M.D., FAPA, Section Chief C & A, Director, Child & Adolescent Psychiatry Fellowship Program

The CAP program continues to develop and expand. In the past few months, we saw continued growth as we welcomed our own Dr. Karam Radwan as our new Section Chief along with two new faculty members: Drs. Jennifer Wildes and Stephanie Lichtor. Dr. Wildes is bringing exceptional research expertise to the Eating Disorders Program and Dr. Lichtor will supervise residents in our general clinic and join our CL team. Additionally, Dr. Matthew Young has renewed the PCIT program and has been getting referrals from all over the city.

The CAP program is thrilled to receive a generous endowment from the Plotsky family, which affords our fellows research funding and financial support to attend national and international meetings. Similarly, our very own Drs. Anam and Dinizulu were instrumental in the University's receipt of a 5-year SAMSHA grant of \$2 million, which will be used to establish a National Child Traumatic Stress Network Community Treatment and Services Center.

On the global front, Dr. Anam attended a course on Global Mental Health at King's College and the London School of Hygiene & Tropical Medicine. We also hosted our second global health initiative in Beijing China, where several of our faculty members across the department were presenters. The conference was reported to be one of the most successful events, attracting students and scholars at our center in Beijing.

RESEARCH MISSION



Andrea King, Ph.D., Research Section Chief & Mission Director for Research

We have had several recent successes for grant funding by section members. Dr. Kate Keenan received NIH grant funding in response to the NIH Environmental influences on Child Health Outcomes (ECHO). The ECHO program will investigate how exposure to a range of environmental factors in early development – from conception through early childhood – influences the health of children and adolescents. Dr. Keenan will work with colleagues at the University of Pittsburgh to understand how exposure to environmental stress prior to conception alter the mother's capacity to regulate stress during pregnancy, leading to deficits in offspring neurodevelopment. She will follow participants in the Pittsburgh Girls Study (PGS), which includes 2,450 urban-living young women who have faced multiple stress exposures. The Universities of Pittsburgh and Chicago will receive an initial \$2.7 million during the first two years, and then \$11.3 million for the next 5 years after achieving initial feasibility aims. The ECHO proposal stemmed in part from Dr. Keenan's NICHD-funded study on prenatal nutrition, pregnancy stress, and infant outcomes known as the Nutrition and Pregnancy Study (NAPS). In this study, 162 women will be randomly assigned to receive 450 mg/daily of a dietary supplement or placebo beginning at 10-16 weeks of gestation through the end of pregnancy. Perceived stress, stressful life events, anxiety, and depression, inflammatory markers, DHA levels and response to a laboratory stressor will be assessed as well as neonatal and infant outcomes.

**FACULTY SPOTLIGHT
CLINICAL / TEACHING**



Holly Shiao, M.D., recently joined the department as an Assistant Professor in August 2016. She obtained her medical degree from McGovern Medical School in Houston, Texas. She then completed her adult psychiatry training at The University of Texas Medical Branch in Galveston, Texas. Thereafter she obtained specialty training in psychosomatic medicine by completing a fellowship at Dell Medical School at The University of Austin. There she became highly interested in psycho-oncology. She was recruited to the faculty of the University of Chicago to join the Psycho Oncology Program to work as a psychiatrist in the Oncology Clinic and on the Consultation-Liaison service. She enjoys teaching both residents and medical students about psychopathology and physician-patient interactions. She has a strong interest in helping patients learn how to cope with their stressors via mindfulness techniques. She is especially excited about being involved with the new education and support program for patients in psycho-social oncology. She believes it's important to reach out to the patient to provide them with the resources they need for success as they navigate cancer treatment.

**FACULTY SPOTLIGHT
RESEARCH**



Jennifer Fanning, Ph.D. is a Pathways to Independence Instructor. Dr. Fanning joined the department in September 2013 as a post-doctoral scholar working with Dr. Emil Coccaro. Dr. Fanning's training in Clinical Psychology focused on cognitive behavioral and empirically supported interventions. Dr. Fanning conducts research on aggression and self-directed aggression. Her training in graduate school focused on using laboratory-based behavioral paradigms to investigate biopsychosocial aspects of aggressive and self-aggressive behavior. Beginning with her dissertation research, Dr. Fanning has been combining neuroimaging (electroencephalogram) with laboratory paradigms to better understand the neural substrates of aggressive behavior as it unfolds in real time. Her research with Dr. Coccaro and the CNPRU laboratory has focused on applying methods from affective, cognitive, and social neuroscience to study pathological aggression. Her research to date has shown that aggressive individuals show abnormal neural response to provoking stimuli and when responding to provoking events. Having previously completed a two-year combined clinical and research postdoctoral fellowship at the National Center for PTSD in West Haven, CT, Dr. Fanning has been focusing on using neuroscience methods to investigate how exposure to trauma and PTSD symptoms increase the propensity toward aggression through effects on the brain. She was awarded a K12 scholarship from the University of Chicago Institute for Translational Medicine to conduct this research, which will involve both EEG and fMRI.

**FACULTY SPOTLIGHT
CLINICAL / TEACHING**



Tina Drossos, Ph.D., is an Associate Professor in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago. She has been a member of the Department for 10 years. Dr. Drossos is a clinical and pediatric health psychologist by training. Dr. Drossos works with the pediatric consult-liaison service, providing bio-psychosocial assessment and intervention for children admitted to Comer Children's Hospital. Given her interests in pediatric psychology, she has also set up multiple, interdisciplinary, psychosocial programs to service the mental health needs of chronically ill patients and families across the University of Chicago Medicine. These programs can be found in pediatric hematology-oncology, endocrinology and in vascular surgery working the interdisciplinary median arcuate ligament syndrome (MALS) program. Dr. Drossos is heavily involved in training in our psychology internship program. Additionally, she began and now oversees an advanced psychology externship program. Her interests include promoting evidence – based psychotherapy approaches, cognitive behavior therapy, to treat mental health illness. Additional interests include promoting health related quality of life, pain management and improving adherence for patients living and managing chronic illness.

**CLINICAL PROGRAM
SPOTLIGHT**



The Eating Disorders Program provides outpatient assessment and treatment services to children, adolescents, and adults with anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant restrictive food intake disorder (ARFID), and related feeding and eating problems. Services are provided by a multidisciplinary team comprised of psychologists, psychiatrists, social workers, and ancillary staff located in the Department of Psychiatry and Behavioral Neuroscience at the University of Chicago Medicine. Psychotherapeutic interventions, including cognitive behavior therapy (CBT) and family based treatment (FBT), are the primary treatment modalities and are provided by the Program Director, **Dr. Jennifer Wildes**, and her psychology trainees, as well as dedicated program social workers. Psychiatric services and medication management also are provided under the supervision of the Medical Director, **Dr. Seeba Anam**.

The Eating Disorders Program accepts referrals in EPIC, self-referrals, and referrals from The University of Chicago Student Counseling Service. Referrals in EPIC currently go through Psychiatry intake. Individuals interested in learning more about the program can contact a dedicated eating disorders intake coordinator at **(773) 834-0362**.

The Eating Disorders Program has undergone tremendous growth in the past few months. We look forward to continuing to expand our services to meet the needs of patients with eating disorders in our region.

NEW PSYCHOLOGY INTERNS



Jesse Chavarria, our Adult/Health track intern, is currently enrolled in the Ph.D. program at Florida State University. He is excited to return home to Chicago! His dissertation examines risk factors for substance initiation and use.



Christina Jagielski, our Adult/Health intern attends the Ph.D. program at the University of Alabama at Birmingham. Christina is excited to return to the Midwest! Her dissertation examines spiritual coping in adolescents with cystic fibrosis.



Caterina Mosti, our Adult Neuropsychology intern is completing her Ph.D. at Drexel University. Cat is also a certified Pilates instructor! Her dissertation examines sleep disturbance following concussion.



Colleen Stiles-Shields, our Child/Pediatric track intern is in the doctoral program at Northwestern University, Feinberg School of Medicine. Colleen has worked in our department as a study therapist, clinic coordinator, and psychology extern since 2008. Her dissertation involves the development of mobile apps for CBT for depression.



Christy Casnar, our Pediatric Neuropsychology intern is in the Ph.D. program at the University of Wisconsin—Milwaukee. We are thrilled to welcome Christy back to our department, where she worked as a neuropsych tech before grad school. Her dissertation explores autism spectrum disorder in children with NF-1.

NEW CHILD PSYCHIATRY FELLOWS



Laura Chang, D.O., a native of Chicago, obtained her undergraduate degree in Psychology and Biology with a specialization in Neuroscience from the University of Chicago. She later received her DO from Touro University College of Osteopathic Medicine and completed her general psychiatry training at Advocate Lutheran General Hospital. Laura is interested in developmental disabilities and language development. She enjoys being a mother, watching movies and knitting.



Kavita Jayaswal, M.D., completed her undergraduate studies at the University of Illinois Champaign-Urbana with a degree in psychology. She later obtained her MD from the University Of Illinois College Of Medicine, Peoria. Dr. Jayaswal is well known to many of us as she did her General Psychiatry residency at the University of Chicago before joining us as a Child Fellow. She is particularly interested in cultural psychiatry and global mental health. She enjoys meditation, traveling and teaching Indian classical dance to the youth.



Ravi Ramasamy, M.D., is a native of Ohio. He received his BS degree in Biology from the University of Dayton and his MD from the University Of Cincinnati College Of Medicine. Ravi completed his general psychiatry training at Stony Brook University Hospital. He is interested in stigma, health and social justice; and enjoys painting, traveling and hiking.

NEW ADULT PSYCHIATRY RESIDENTS



Lucas Coppes, MD completed medical school at Virginia Commonwealth University where he was elected to AOA. He studied Psychology and Medical Sciences at Western Ontario and then returned to his homeland of the Netherlands for a Masters in Neuroscience and Cognition from the University of Utrecht. From this research background, he has 5 peer reviewed publications including in autism imaging and is interested in developing his career as an academic psychiatrist.



Jessica Cunningham, MD joins us from medical school at Rosalind Franklin after studying Psychology as an undergraduate at UIC. At Rosalind Franklin, she was active in service and mentorship programs, and her interests include women's mental health, community outreach and mental health advocacy.



Martin Greenwald, MD is known to many in the Department from his time as a Pritzker student. He came to Pritzker after studying Liberal Arts at St John's College. At Pritzker, Martin developed his passion as an educator including spending much of his MS4 year in teaching assistant activities. His wide-ranging interests include psychodynamic psychotherapy, psychiatric education, medical history, and the neurobiology of consciousness and free will.



Shivani Kumar, MD is a Chicago native who studied Chemistry and Psychology at the University of Illinois Urbana-Champaign, where she conducted research in aggression and substance abuse in women with borderline personality disorder. She completed medical school at Rush, where she worked with Dr John Zajecka studying evoked response potentials in depressive disorders.



Bianca Pullen, MD joins us from medical school at the University of Colorado. From Colorado originally, she completed undergraduate studies here at the University of Chicago in Human Development. She is passionate about social justice issues facing urban and underserved populations. She plans to become a child and adolescent psychiatrist and provide culturally-informed care and advocacy for this population.



Cheriece Ward, MD is a south side native from Blue Island. She attended Northwestern University for undergraduate studies in Psychology and Religion and graduated from medical school at the University of Illinois at Rockford, where she was an Underserved Pathway Scholar and an Urban Health Mentor. Her long-term interests include developing integrated health services for the underserved, which combine medical, psychiatric, and dental care.

TOBACCO CESSATION

Dr. Andrea King and **Dr. Daniel Fridberg** are pleased to announce the launch of the new Courage to Quit rolling group. The program is a joint effort between psychiatry and pulmonary medicine. Courage to Quit is a multi-modal program that provides patients with support, information, skills, and tools to stop tobacco use. The group consists of 4 sessions, and patients can join anytime and may repeat the group if they like. Additional individual counseling may be available for patients who complete the group, based upon their needs and clinician availability. Referrals to the group can be placed in Epic (order "Tobacco Cessation") or through psychiatry intake at Ext. 2-3858. Please contact Dan Fridberg (Ext. 4-3598) for more information.

CLINICAL PROGRAMS

Adult Psychiatry Programs:

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

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***
Direct Line for Eating Disorder: 773-834-0362

MAJOR RESEARCH PROGRAMS

Addictive, Compulsive, & Impulsive Disorders

(Dr. Grant)

Behavioral Genetic Studies of Aggression and Antisocial Behavior, and Twin Studies (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)

Cognition Emotion Neuroscience Laboratory

(Dr. Keedy)

Developmental Psychopathology (Dr. Keenan)

High Performance Electrical Neuroimaging Laboratory (Dr. Cacioppo)

Human Neuropsychopharmacology (Dr. de Wit)

Molecular Genetics of Mood & Psychotic Disorders

(Dr. Gershon)

Eating Disorders (Dr. Jennifer Wildes)

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