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**“ TOP STORY ”**

A significant event of AY 17-18 was the opening of the UCM in-patient psychiatric unit at Ingalls Memorial Hospital. This effort was led by Dr. Zehra Aftab, Director of In-Patient Services. The unit is also staffed by two psychiatry residents (PGY1&2) and by on-call UCM Faculty evenings and weekends. Two to three MS3 Pritzker students are also hosted there for their clerkship in psychiatry. Dr. Carolyn Shima will join as a second in-patient Faculty member in August 2108. Opening of the inpatient unit has greatly facilitated transfer of patients needing in-patient psychiatric services from the emergency rooms at University of Chicago and Ingalls Hospitals. Specifically, the past year has seen a 59% increase in the number of psychiatric patients seen in the ER. Fifty percent of these patients were admitted psychiatrically and 62 % of admissions went to Ingalls psychiatric service. Continued growth in this work is anticipated in the upcoming academic year providing much needed help for patients and excellent teaching opportunities for trainees.



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**UPCOMING EVENTS:**

**Grand Rounds**

Will resume in September 2018, for fiscal year 2018 / 2019, held on Thursdays from 12:00 – 1:30 pm, except for the 1st Thursday of the month.

**Community Events of Interest**

The NAMI Chicago Walk Sept 15:

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=724>

American Foundation for Suicide Prevention Chicagoland Walk:

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=5205>

PLEASE VIST OUR DEPARTMENT WEBSITE FOR FULL DETAILS ON PEOPLE AND PROGRAMS:

<https://psychiatry.uchicago.edu/>

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



### **Deborah Spitz, M.D., Vice Chair for Education and Academic Affairs, Director of Residency Training**

This is a time for endings and beginning's. At graduation we said goodbye to 6 senior residents and one PGY-3 who is fast-tracking into Child Psychiatry, as well as three graduating Child fellows, our CL fellow, and our class of psychology interns. We now welcome just as many entering trainees—6 psychiatry PGY-1's, a CL fellow, three Child fellows, and a new class of five psychology interns, as well as another Pritzker third-year class that will rotate with us on inpatient psychiatry and on the CL service. Our training programs continue to grow and deepen. We have now established ourselves on the inpatient psychiatry service at Ingalls Hospital, where Dr. Zehra Aftab has run the service and will be joined soon by Dr. Caroline Shima as a second attending psychiatrist on our teaching team. Our CL service, under the direction of Drs. Tobin, Marcangelo and Shiao, continues to provide exemplary service for hospitalized inpatients at UCM, and our Behavioral Health presence in the general medicine clinics is robust. At Northshore, Dr. Sawa has joined Dr. Anderson on the teaching service. We expect the next year to bring the development of more substance abuse treatment opportunities at the Ingalls system, an enriched presence in the Emergency Room as we respond to increased demand and acuity, and opportunities for trainees to work with the trauma initiatives at UCM.

## **C L I N I C A L M I S S I O N : A D U L T P S Y C H I A T R Y**



### **Marie Tobin, MD, Professor and Section Chief of Adult Psychiatry**

As we approach the end of AY 2018 we reflect on many notable developments in the adult psychiatry clinical section.

May 2018 marked the opening of the Level 1 trauma center at UCM. This has resulted in a notable increase in trauma-related consultations on the in-patient service. Members of the adult clinical faculty are receiving specialty training in providing trauma informed care. Additionally, the past year has seen a 59% increase in requests for psychiatric consultation in the ER.

Synergy Behavioral Healthcare continues to assist with evaluation and transfer of psychiatric patients in the emergency room. This process is greatly helped by the opening of our in-patient psychiatric unit at Ingalls Memorial Hospital and capacity will expand with the addition of Dr. Carolyn Shima as the second in-patient attending psychiatrist.

Dr. Beckman has been appointed as Director of Health Psychology and will be joined in the near future by a full time health psychologist who will provide behavioral medicine in the primary care clinics.

In order to meet the growing demands in gastroenterology, efforts are under way to recruit a full-time psychologist who will be integrated into GI.

The Psycho-Oncology Program continues to grow with psychiatric presence in DCAM oncology clinics every weekday. Additionally, we look forward with anticipation to the annual grand rounds in Psycho-Oncology which this year will be presented on February 14, 2019 by Dr. Ronald Epstein, publisher of the popular book "Attending".

In order to meet the ever growing need for outpatient psychiatric services an on-site intake coordinator was appointed coupled with the addition of Mr. George Urgo LCSW as a second full-time psychotherapist.

We look forward to an exciting and productive AY 2019

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



### **Jon Grant, JD, MD, MPH, Research Section Chief & Mission Director for Research**

Our research section has been busy over the last few months. First, we have embarked on a search for additional research faculty (those interested should apply through this portal <http://tinyurl.com/lgb67uk>). Second, we have several recent research projects currently underway as well as some newly funded grants. Alcohol consumption, particularly at intoxicating levels, increases smoking urges and behavior rendering heavy drinking smokers at a disadvantage in smoking cessation. The King Lab is conducting a randomized clinical trial to examine whether varenicline tartrate may be an effective augmentation strategy for standard treatment with nicotine patch and brief counseling in heavy drinking smokers. The trial will be conducted for the next 1½ years, if you know of potential participants interested in quitting smoking, please have them contact the study coordinator, Ashley Vena, PhD, at 773-702-6188, for more information. Dr. Grant received a grant from the TLC Foundation for BFRBs (Body Focused Repetitive Behaviors) to study children and adults with trichotillomania and skin picking as part of an international collaboration with UCLA, Harvard/ MGH, and the University of Cape Town, South Africa. This study examines the genetics, neurocognition and neuroimaging of these behaviors and provides a novel psychotherapy treatment intervention as well (please contact the study coordinator, Stephanie Valle at 773-834-3778 for more information). Finally, Dr. Harriet de Wit was featured in a story in the Huffington Post about a new book by journalist Michael Pollan, [How to Change Your Mind](http://www.huffingtonpost.com/entry/drug-researcher-talks-michael-pollan-book-ptsd-trump-lsd-us_5b05ba25e4b07c4ea1046c80), which examines the history of psychedelics. For the story, please use the following link [https://www.huffingtonpost.com/entry/drug-researcher-talks-michael-pollan-book-ptsd-trump-lsd-us\\_5b05ba25e4b07c4ea1046c80](https://www.huffingtonpost.com/entry/drug-researcher-talks-michael-pollan-book-ptsd-trump-lsd-us_5b05ba25e4b07c4ea1046c80).

## **C L I N I C A L M I S S I O N : C & A P S Y C H I A T R Y**



### **Karam Radwan, MD, FAPA, Section Chief, C & A Director, Child & Adolescent Psychiatry Fellowship Program**

As we close out FY'18 and look forward to FY'19, Child & Adolescent Psychiatry will, unfortunately, say goodbye to Dr. Connolly who has decided to retire from Clinical Care effective July 1, 2018. However, she will be volunteering time to teach and mentor our fellows and trainees. The end of this year also means that we say goodbye to our graduates. We wish them well as they continue the next step in their careers.

In the new academic year, Dr. Lichtor will be developing an anxiety disorder/OCD specialty clinic. Annette Mata, APN has started providing clinical care to DCFS children at LaRabida's Continuity of Care Clinic, located at LaRabida Chicago Child Trauma Center. In addition, in collaboration with Trauma Surgery Center, Pediatrics, Urban Health Initiative, Comparative Human Development, Emergency Medicine, and Psychiatry, Dr. Dinizulu and the Trauma Interest Workgroup have been actively involved in supporting the medical center to be trauma responsive through three on-going projects: 1) developing psychosocial assessment protocol for the Level 1 ED Trauma Registry; 2) developing training curriculums for medical staff for trauma informed care; and 3) developing debriefing protocol to address secondary traumatic stress among medical staff.

At the national level, seven faculty and trainees from our section will be presenting at this year's AACAP Meeting in Seattle in October. At International level, two of our faculty members are presenting their work at the World Congress of the International Association for Child & Adolescent Psychiatry and Allied Professions (IACAPAP) in Prague.

## GRANTS RECEIVED

### Training Grants

Postdoctoral Scholar **Dr. Chavarria** received an award from the University of Chicago's Diversity Research & Small Grants Program in support of a research conference presentation.

### Research Grants

**Dr. King & Dr. Asvat:** Supplement for P30 Cancer Center Grant to develop tobacco cessation treatment capacity. NCI Cancer Moonshot Initiative

**Dr. King:** "Women's Response to E-Cigarette Cues" 1 year award from NIDA.

**Dr. Dewit:** "Alcohol and Neurovascular Control in Humans." NIH. Five-year subaward through Michigan Technological University.

**Dr. Vas:** "Simulated Clinician Assessment for Cognitive Behavioral Therapy Skills." Four year subaward with SIMMERSON, LLC., from NIMH.

**Dr. Cacioppo:** "Social Regulation of Gene Expression" two year award from the National Institute on Aging.

**Dr. Grant:** "Body-Focused Repetitive Behavior Precision Medicine" a one year supplement from The TLC Foundation.

**Dr. Jacobson:** "A pilot study of the effects of interactions with therapy dogs on child stress responsivity." 2 year award from NICHD.

**Dr. Wildes:** "Testing a Novel Biomarker of Illness Progression in Restrictive Eating Disorders." University of Chicago Institute for Translational Medicine for one year.

### New Clinical Trials

**Dr. Lee and Dr. Grant are each conducting** "A Phase 2, multicenter, randomized, double-blind, placebo-controlled study to assess the efficacy, safety, and tolerability of AVP-786 (deudextromethorphan hydrobromide [d6-DM]/quinidine sulfate [Q]) for the treatment of Intermittent Explosive Disorder (IED)" in conjunction with Avanir Pharmaceuticals.

**Dr. Grant:** "A Double-Blind, Placebo-Controlled Study of Brexpiprazole in the Treatment of Borderline Personality Disorder," with Otsuka Global.

## FACULTY FIELD LEADERSHIP

**Dr. Stephanie Cacioppo** was named a Fellow of the Society for Personality and Social Psychology / American Psychological Association Division 8 (Social and Personality). She was also elected President of the Society for Social Neuroscience (President-elect through 2020; Presidential term 2020-2022). Congratulations to Dr. Cacioppo!

**Dr. Jennifer Wildes** is President-Elect of the Eating Disorders Research Society

## MEDIA NOTES

**Dr. Cacioppo** was featured in a New York Times piece on her work, the neuroscience of romantic love:

<https://www.nytimes.com/2017/11/08/style/modern-love-neuroscience.html>

**Dr. de Wit:** Interview in Huffington Post on the new Michael Pollan book, PTSD, Trump, and more:

[https://www.huffingtonpost.com/entry/drug-researcher-talks-michael-pollan-book-ptsd-trump-isd\\_us\\_5b05ba25e4b07c4ea1046c80](https://www.huffingtonpost.com/entry/drug-researcher-talks-michael-pollan-book-ptsd-trump-isd_us_5b05ba25e4b07c4ea1046c80)

**Dr. Marcangelo:** In the Chicago Tribune on medical students choosing to go into psychiatry:

<http://www.chicagotribune.com/business/ct-biz-illinois-psychiatrist-shortage-20180320-story.html>

**Dr. Fridberg:** Guest on the "In Your Right Mind" Podcast / KABC Los Angeles broadcast, speaking on Process Addictions:

<https://inyourrightmind.com/podcast/process-addictions/>

**Dr. Asvat:** reviewed "Best of the American Psychosocial Oncology Society Annual Meeting" for a webinar series of that organization.

## SPOTLIGHT ON SCHOLARSHIP

**A selection of recent scholarly works from our faculty:**

**Bodell LP, Wildes JE, Goldschmidt AB, Keenan KE, Guyer AE, Hipwell AE, Stepp SD, Forbes EE.** (2018). Associations between neural reward processing and binge eating among adolescent girls. *J Adolesc Health*. 62(1):107-113.

**Trosman H,** with the editorial assistance by Shelia Butler. {2018} Review of Freud In His Time and Ours By Elisabeth Roudinesco. *Journal of American Psychoanalytic Association*. 66: 339-343.

Gerhart, J., **Asvat, Y.**, Lillis, T.A., Fung, H., Gross, J., & Hobfoll, S.E. (2018). The Impact of Posttraumatic Stress Symptoms on Social Support and Social Conflict during Hematopoietic Stem Cell Transplant. *Journal of Psychosocial Oncology*, 36(3), 1-15.

**Coccaro EF, Cremers H, Fanning J, Nosal E, Lee R, Keedy S, Jacobson KC.** (2018). Reduced frontal grey matter, life history of aggression, and underlying genetic influence. *Psychiatry Res Neuroimaging* 271: 126-134.

**Gershon ES, Pearlson G, Keshavan MS, Tamminga C, Clementz B, Buckley PF, Alliey-Rodriguez N, Liu C, Sweeney JA, Keedy S, Meda SA, Tandon N, Shafee R, Bishop JR, Ivleva EI** (2018). Genetic analysis of deep phenotyping projects in common disorders. *Schizophr Res*. 195:51-57.

**Van Hedger, K, R Lee, H de Wit** (in press) Oxytocin reduces cigarette consumption in daily smokers. *Nicotine and Tobacco Research*



## NEW FACULTY SPOTLIGHT



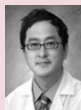
**Yasmin Asvat, Ph.D.**, joined the department as Assistant Professor in July 2017. She received her doctorate in Clinical Psychology from the University of South Florida, and completed internship training at the University of Chicago's Department of Psychiatry and Behavioral Neuroscience, followed by a fellowship in Psycho-oncology at Rush University Medical Center. Formerly, she was a clinical psychologist and coordinator of clinical training at the Counseling Service for Siteman Cancer Center/Washington University-St. Louis, School of Medicine. Her clinical effort within our Psycho-oncology program will help expand outpatient and inpatient psychological services for cancer patients and survivors. She has a strong interest in training, and has developed an externship in Psycho-oncology that will support two trainees during the 2018-2019 academic year. Her research interests include coping and resilience in cancer patients, and the development and evaluation of interventions to promote physical and psychological well-being among cancer patients and survivors. Currently, she co-leads with Dr. Andrea King a NCI-funded initiative to establish tobacco cessation programming at the cancer center. Additionally, she collaborates with Drs. Tobin and Shiao on a project to implement computerized adaptive testing of mental health among hospitalized cancer patients. Dr. Asvat is thrilled to return to the University of Chicago and looks forward to contributing to the growth of the Psycho-oncology program.

## SPOTLIGHT ON FACULTY INSTITUTIONAL ROLES

**Dr. Michael Marcangelo**, has been appointed Faculty Associate Director of Admissions of the Pritzker School of Medicine



**Drs. Scott Hunter** and **Royce Lee** are both Vice Chairs of the BSD IRB and **Dr. Karam Radwan** also serves on the IRB



**Dr. Kristen Jacobson**, is on the Council of the University Senate



**Drs. Sarah Keedy** and **Marie Tobin** are ending terms on the BSD Faculty Advisory Committee to the Dean



## CLINICAL FACULTY SPOTLIGHT



**Megan Scott, Ph.D.** joined the Department as an Assistant Professor in November 2011. She received her Ph.D. from George Mason University. She completed her predoctoral internship at Oregon Health and Sciences University followed by a two year postdoctoral fellowship in Pediatric Neuropsychology at Rainbow Babies and Children's Hospital. Dr. Scott is a clinical psychologist and pediatric neuropsychologist by training. Since joining the department, Dr. Scott has been actively involved in the Pediatric Neuropsychology Service as a clinician and supervisor. In addition to her involvement in the general pediatric neuropsychology clinics, Dr. Scott has developed a specialized clinic focused on neuropsychological evaluation of children and adolescents with a prior diagnosis of an Autism Spectrum Disorder or a referral question of ASD. This clinic now offers an advanced psychology externship placement and internship rotation with opportunities to observe administration of gold standard assessments. In addition to her interest in working with patients with ASD, Dr. Scott has clinical and research interests in understanding neuropsychological outcomes in children and adolescents with genetic disorders, and early insults or changes to their developmental trajectories including extreme prematurity/extremely low birth weight and monogenic diabetes. Additionally, she is interested in improving outcomes for patients with complex medical histories and has started a dedicated clinic focused on neuropsychological evaluation for pediatric oncology patients. Dr. Scott is heavily involved in training in our psychology internship and externship programs and enjoys opportunities to provide mentorship and supervision.

## CLINICAL PROGRAM SPOTLIGHT



The **Parent-Child Interaction Therapy (PCIT) Program** provides outpatient treatment for disruptive and aggressive behavior problems in children ages 2-6. PCIT integrates behavioral, learning, and attachment theories to promote positive parent-child bonding, consistent discipline, authoritative parenting, and adaptive social skills. Parents master PCIT skills through a live-coaching format in session and in at-home practice. PCIT is recognized as a best practice intervention for early-onset disruptive behavior problems by several national organizations, and has been validated as an effective treatment approach in over 40 years of clinical research around the world. PCIT is effective for children diagnosed with disruptive behavior disorders (e.g., oppositional defiant disorder), ADHD, and in children with other comorbid psychiatric disorders or a history of trauma who have behavioral problems. The PCIT program is directed by **Dr. Matthew Young**. In addition, we now offer a training program for psychology trainees seeking certification as PCIT therapists. We are excited to offer this important treatment resource, as the only PCIT program on the South Side, and one of only two training programs in the Chicago area. Clinicians seeking to refer a family for PCIT can enter a referral in EPIC, and families interested in the program can contact Dr. Young at 773-702-3127. Please see more information about our program on the department website and at [pcit.org](http://pcit.org).

## NEXT YEARS ADULT CHIEF RESIDENTS



**Michel Medina, M.D.** moved to Miami, FL from Chile in his youth. He speaks French in addition to his native Spanish. He completed his medical degree at Drexel University, where he was president of the Latino Medical Student Association and founded a student organization dedicated to teaching Medical Spanish. As a resident, he developed a strong interest in the interface between medical, neurological and psychiatric disorders. He is currently in the Clinical Scholars Track that allows for protected research time and also a fellow in the MERITS Two-year GME Medical Education Track. After residency, he plans to pursue a fellowship in Behavioral Neurology and Neuropsychiatry.



**Kristina Thurin, M.D.** did her undergraduate training at Vanderbilt University with a BA in Biology and in French. Prior to medical training, she pursued research at the National Institute of Mental Health in functional neuroimaging of schizophrenia. She came to University of Chicago after completing an MD at Jefferson Medical College in Philadelphia. During residency, she has continued to develop her interest in various neuroimaging modalities including fMRI and EEG, clinical neuropsychiatry, and medical education. After residency, she plans to pursue a fellowship in Behavioral Neurology and Neuropsychiatry. She is currently delighted to take on the role as co-chief resident.

## PSYCHOLOGY INTERN TRANSITIONS



**Jean Forney, Ph.D.**, our Adult/Health intern, from Florida State University will be joining the Department of Psychology at Ohio University. Getting a faculty job right out of internship is no small feat! To add to this year of exciting milestones, Jean is also expecting a baby in July!



**Jaclyn Weisman, Ph.D.**, our other Adult/Health intern from Washington University in St. Louis has agreed to stay on in our Department as the Adult Clinical Health Psychology Fellow. We will be looking forward to using Jaclyn's skills in providing short-term interventions for mood and anxiety disorders in the Primary Care Group.



**Paula Aduen, Ph.D.**, our Adult Neuropsychology intern from the University of Virginia will be going to Harvard/Brigham and Women's for a 2 year fellowship in Neuropsychology. Paula is excited to not have to manage a long distance relationship anymore and to put down roots for a couple of years.



**Janet Yarboi, Ph.D.**, our Child/Pediatric intern from Vanderbilt University will also be heading to Boston for a fellowship at Harvard/Boston Children's in pediatric psychology. She is no stranger to Harvard where she completed her undergraduate degree.



**Rachel So, Ph.D.**, our Pediatric Neuropsychology intern from the University of Connecticut, will also be on fellowship at Harvard/Boston Children's in pediatric neuropsychology. Rachel is happy about being in the same city as her sister as they are both far away from their home in Hong Kong.

## NEXT YEARS C & A CHIEF RESIDENT



**Kamilah Banks-Word, M.D., M.A.** earned her medical degree from Rosalind Franklin University of Science & Medicine. She obtained her M.A. in School Psychology at Middle Tennessee State University. Her adult psychiatry training was completed at Advocate Lutheran General Hospital in Park Ridge, IL. Dr. Banks-Word is eager to continue to cultivate the educational excellence and remarkable patient care of The University of Chicago's Child & Adolescent Psychiatry Fellowship program with the current and incoming fellows. She is dedicated to providing excellent clinical care to underserved populations and is interested in cultural psychiatry, diversity and trauma informed care.

## RESIDENT AND FELLOW TRANSITIONS

**Our graduating C&A and C/L Fellows plans for the next phase of their careers:**



**Ravi Ramasamy, M.D.** is joining the University of Washington as an assistant professor of psychiatry.



**Laura Chang, D.O.** is joining Advocate Lutheran General Hospital as medical site director of the child and adolescent psychiatry inpatient unit.



**Kavita Jayaswal, M.D.** is joining a private institution in Minneapolis as an inpatient attending.



**Sameera Guttikonda, M.D.** will be the director of consult liaison psychiatry at the Cook County health and hospitals system.

**Our five graduating PGY-4 Trainees plans for the next phase of their careers:**



**Jorel Martinez, M.D.** is joining a psychiatry practice in Orlando, FL



**Larry Gaines, M.D.** will be doing prison psychiatry at Elgin



**Derrick Farmer, M.D.** is still looking but has a few wonderful options .



**Amanda Wachtel, M.D.** will be doing a Forensics Fellowship at UCLA.



**Yusuf Salah, M.D.** – will be joining a psychiatry practice in the city and possibly Ingalls.

**Two residents transferring to child:**



**Kathryn Weaver, M.D.** is going to UCLA for child fellowship.



**Ryan Rosenberger, M.D.** is staying here to do his child fellowship.

## 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\*

Recovery & Empowerment After Community Trauma (REACT)

U of C Stress Trauma and Resilience (U-STAR) 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

*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)*

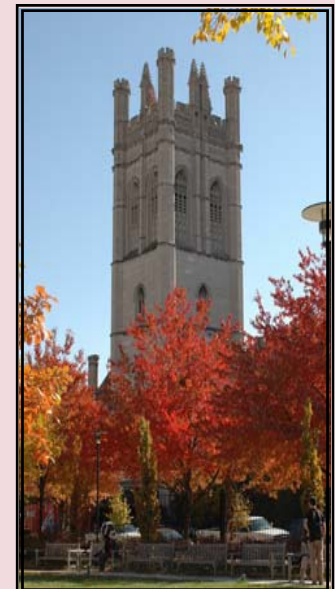
*Human Neuropsychopharmacology (Dr. de Wit)*

*Molecular Genetics of Mood & Psychotic Disorders  
(Dr. Gershon)*

*Eating Disorders (Dr. Jennifer Wildes)*

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