The University of Chicago

DEPARTMENT OF PSYCHIATRY NEWSLETTER

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WINTER 2012

CHAIR'S MESSAGE...

Welcome!

This is the second of three seasonal (Fall, Winter, and Spring) newsletters for AY 2012-13 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 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 primarily research or education in focus.

Emil F. Coccaro, M.D.

E.C. Manning Professor & Chair

Department of Psychiatry &

Behavioral Neuroscience



"TOP STORY"

Searches for New Members of Department Continue



This year the department has been in a position to add new individuals to its roster. So far, Jon Grant, M.D. and Don Elligan, Ph.D. have joined the department, the former in the area of behavioral and chemical addictions and the latter in the area of Transplantation Psychiatry and Substance Use. At this time, we are happy to announce that an additional two new individuals will be

Joining the department in the upcoming months. First is Christy Warner Metzger, Ph.D., who will be starting as a new Clinical Child Psychologist this spring. Dr. Warner-Metzger's expertise is in Parent-Child Interaction Therapy, a modality we have had a great need for some time. Second is Joseph Cooper, M.D., who will be coming on board this July as Director of Neuropsychiatry and Neuromodulation Services. At the same time, the department is continuing with its current search for a Director of Inpatient Psychiatry at Mercy Hospital and for a new Clinical Adult Psychologist for the Adult Section. A number of excellent candidates have been scheduled and we look forward to adding additional, and very important, individuals to our department.

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UPCOMING EVENTS:

Programs

- Grand Rounds: L 168 (12-1:30 PM)
- R. Yehuda, Ph.D., Mt. Sinai (1/10)
- S. Sanders (Compliance) (1/24)
- W. Katon, M.D., Univ of Washington (2/14)
- C. Nemeroff, M.D., Univ of Miami (3/14)
- <u>Case Conferences: H103 (12-1:15 PM)</u>
- A. Ali, Ph.D. (Resident Case: 1/17)
- A. Ciao, Ph.D. (Psychology Intern: (1/31)
- A. Nguyen, D.O. (Resident Case: 2/21)
- V. Gonzaga, M.D. (Resident Case (2/28)
- J. Busnello, M.D. (Resident Case 3/21)

FACULTY PROMOTIONS



Stephanie Dulawa, **Ph.D.** has been promoted to Associate Professor (effective July 2013). She earned her Ph.D. in Neuroscience at the University of California, San Diego, CA, and received her postdoctoral training at Columbia

University, NY, NY. Dr. Dulawa's research focuses on identifying the neural mechanisms that regulate mood using mouse models. Over the past 7 years, her laboratory has developed innovative mouse models of anxiety, depression, and anorexia nervosa. Dr. Dulawa's group developed a novel mouse model for aspects of Obsessive Compulsive Disorder, and identified serotonin 1B receptors in the orbitofrontal cortex as a critical substrate for the sensorimotor gating deficits and perseverative behaviors that characterize the disorder. Her laboratory also reported that gestational environment programs adult depression-like behavior through epigenetic modification of the calcitonin gene-related peptide gene. This work is the first to reveal epigenetic mechanisms by which the intrauterine environment programs future mood state. Most recently, Dr. Dulawa's lab has identified a novel class of putative fast-onset antidepressants. Studies by her group suggest that the mechanism of action of these agents share a final common pathway with the fast-onset antidepressant ketamine. Dr. Dulawa has >30 peer-reviewed publications, 3 articles in Faculty 1000 Biology, and >4,000 citations. Her husband Abraham Palmer is in the department of Human Genetics, and they have a 3 year-old daughter, Ariela.

MEDIA NOTES

Dr. Afzal:

Media coverage:

2012, Dec 23 Expert opinion and advice on "how to communicate and monitor children in the aftermath of events such as Sandy Hook Elementary School Massacre".

One-hour Radio show on WBGX 1570 AM.

Dr. Grant:

(It just came out on Sunday, Jan 13 in the New York Times.)

I'm Losing Money. So Why Do I Feel So Good? http://www.nytimes.com/2013/01/13/business/how-slot-machines-raise-our-hopes-even-when-were-losing.html? r=0

Dr. Yohanna:

News:

Rockford Register Star, New Medicaid Policy Cutting People Off from Vital Drugs, Dean Olsen October 27, 2012

NEW STAFF



Sharon E. Staine is the Secretary to the Section Chief for Child and Adolescent Psychiatry. Sharon joined the department as a temp in July 2012 and became permanent in September 2012. In her role, she is

responsible for managing the administrative duties of the department and assisting the chief and other faculty with meeting coordination, patient scheduling and other assigned tasks.

Prior to coming to UCMC, Sharon worked in various administrative positions for several organizations, including the American Medical Association and Kraft Foods. In other capacities, she has interacted with various entities, including DePaul University (guest speaker), Oakton Community College VITA Program (ESL tutor) and Belize Foreign Affairs (Diaspora Summit Panelist). Sharon is the Founder and President of Belize Culture and Heritage Association, volunteers with the Evanston Police Social Services Restorative Justice Program and sits on the Board of Open Communities. Sharon holds a Master of Science Degree in Human Services Administration, is a notary public and a Justice of the Peace (Belize). In her spare time, she loves to cook, dance and sing. She is married and resides in Evanston.

GRAND ROUNDS

Grand Rounds: L 168 (12-1:30 PM)

- R. Yehuda, Ph.D., Mt. Sinai (1/10)
- S. Sanders (Compliance) (1/24)
- W. Katon, M.D., Univ. of Washington (2/14)
- C. Nemeroff, M.D., Univ. of Miami (3/14)

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CLINICAL MISSION: ADULT PSYCHIATRY



<u>Daniel Yohanna, M.D., Vice-Chair</u> <u>and Director of Clinical Affairs &</u> <u>Section Chief of Adult Psychiatry.</u> Today hardly seems like winter as the temperature hovers near 60 degrees. In the Adult Section, new programs are warming up too. Drs. Jon Grant, Andrea King and

Don Elligan have started a new clinic for Addictions, Compulsions and Impulse Disorders (called the ACID clinic). The cost of addictive disorders in the U.S. is staggering. According to NIDA, the total costs for smoking, illegal drug use and alcohol is more than \$484 billion dollars per year. Other impulse disorders like skin picking, hair pulling and hoarding are less costly monetarily but can devastate people's lives. Finally, addictions like gambling, internet addiction or sexual addiction are common but not particularly easy to find treatment for. We are excited to bring this new opportunity for treatment, research and training to the Department.

Dr. Elligan is also our new liaison to the transplant services, meeting with the teams and performing evaluations and treatment for transplant candidates. End-stage organ failure is very often accompanied by co-morbid psychiatric problems such as depression and anxiety. Along with Dr. Elligan, Dr. Michael Marcangelo also sees transplant patients in our outpatient programs. Organ donors may also need evaluation for their readiness to participate. Those evaluations are performed separately by Dr. Marie Tobin. Our transplant program is another good example of the integration of medical services provided at the University of Chicago.

For an appointment to our outpatient program, call our intake number at 773-70A-DULT (2-3858)

EDUCATION MISSION



<u>Deborah</u> <u>Spitz</u>, <u>M.D.</u>, <u>Director</u> <u>of</u> <u>Education</u>. The end of January brings an end to several annual recruitment efforts, for Child and Adolescent trainees, Adult Psychiatry residents, and Psychology Interns. We see a large number of highly qualified applicants who interview at programs across the country as well as in

Chicago, so our successful recruitment depends on the generous time and collaboration of all current trainees and faculty members who interview and speak informally with many applicants throughout the interview season. Recruitment in all programs is highly competitive, and requires an enormous expenditure of time and energy from the Education Office, but it is an opportunity for each program to publicize our strengths and discuss what makes us unique. The Child and Adolescent Psychiatry recruitment process has already resulted in a successful match with three excellent candidates; our Department filled our quota in a year in which many highly regarded Child programs across the country did not fill. The Adult Psychiatry match will be announced in March. So far we have been impressed with the quality of our candidates, and their interest in our program; many comment on the energy and positive feeling among trainees, as well as the Department's clear commitment to education and development of critical thinking. Our Psychology Internship has historically been very successful in recruiting highly competitive and accomplished applicants.

CLINICAL MISSION: C&A PSYCHIATRY



Sharon Hirsch, M.D., Section Chief, C&A Psychiatry. At the core of our mission in Psychiatry is providing quality care. Ms. Annette Mata, RN and I form the basis of the quality committee in Child Psychiatry, and are joined by rotating senior child and adolescent psychiatry fellows. This year, Dr. Jabeen Ali worked with us on

an interesting study originated in Ms. Kristin Woodard's medication Clinic No-Show Rate project. The literature shows telephone reminder calls decrease the no-show rate, and live phone calls reduce no-show rates more than automated calls. We were able to compare Ms. Woodard's record of live reminder calls to med clinic return patients in 2010 to the automated reminder system that was installed in 2011. Much to our surprise, and contrary to the reported literature, automated calls resulted in an increased appointment completion rate, increased rescheduling rate, and reduced no-show rate. In these days of scarce resources, this is a welcome finding! Our QA committee continues to improve care by monitoring screening for metabolic syndrome, and by new and innovative projects such as that of Dr. Espi-Forcen. Dr. Espi-Forcen has noted that patients may be admitted psychiatrically for acute agitation when they instead are suffering from akathisia. He is developing a screening tool for early detection of akathisia. If identified early, it is possible that these patients might be able to avoid hospitalization.

RESEARCH MISSION



Paul Vezina, Ph.D., Research Section Chief and Mission Director for Research. Welcome all to 2013! Whether self-inflicted or otherwise, it appears the country will continue to face a number of significant fiscal challenges in the coming year. These will likely encumber our ability to secure the funding we need to support

our research programs. That said, 'encumber' does not mean 'impossible'. Our Department continues to be one of the best funded per capita in the BSD. Two of our faculty received significant awards in the fall quarter. Kudos to Dr. Jon Grant for securing funding from the National Center for Responsible Gaming to establish a Center for Excellence in Gambling Research and to Dr. Elliot Gershon for obtaining a subaward for his ongoing NIH funded Bipolar Genome Study. Last year also saw significant recruitments into the Research Section with the arrival of Dr. Grant (Addictions Research) and Dr. Sarah Keedy (Neurocognitive Investigations of Psychosis). Also join me in congratulating Dr. Stephanie Dulawa for her recent promotion to Associate Professor. Thus, difficult times notwithstanding, it is a tribute to our faculty that we continue to successfully move forward. In line with this, a number of meetings have been scheduled this quarter to chart a comprehensive strategic plan for the Department. As research constitutes one of our primary missions, I encourage all of you to contribute fully to this process. You will soon hear more from me about this.

FACULTY SPOTLIGHT CLINICAL / TEACHING



Kristen Jacobson, Ph.D., is the Director of the Research Literacy educational program for Psychiatry Residents that focuses on how to apply evidence-based medicine in clinical practice and prepares residents for the 4th year research project that is a mandatory part of our training program.

The goal of the year-round program is to allow for increased understanding of issues related to research methods and statistics that enables residents to become better consumers of empirical research. The program begins in the summer quarter of the PGY2 year with guided discussion of readings on how to read papers in medical journals. The autumn quarter consists of lectures on study design, sampling, measures, and statistics used in psychiatric research. One of the most popular lectures is on Lying with Statistics, a primer on the common mistakes found among published papers, even papers in reputable journals. The autumn course also covers material about research methods and statistics that often appear as questions on the Board exams. The focus of the Winter and Spring quarters is to prepare residents for their PGY4 projects by giving them information about ongoing research in the department and providing a set of guidelines and expectations for their research. Throughout the year, trainees have opportunity to participate and lead discussion of journal articles related to psychiatric research.

CLINICAL PROGRAM SPOTLIGHT



Lisa Medalie, Psy.D., CBSM, The Behavioral Sleep Medicine Program offers treatment for patients struggling with falling asleep, returning to sleep and disruptive sleep-related behaviors. Evidence-based treatments are available to adults and children with insomnia, circadian rhythm disorders, nightmare disorders,

night eating syndromes, poor CPAP adherence and poor sleep hygiene. Children with nocturnal enuresis and sleep disturbance related to Attention-Deficit Hyperactivity Disorder or developmental delays are also treated in our clinics. Data from sleep logs, behavior charts, actigraphy and overnight sleep studies are incorporated into individually tailored treatment plans. Lisa Medalie, PsyD, CBSM is a certified Behavioral Sleep Medicine specialist who works closely with a team of sleep physicians to provide a comprehensive multidisciplinary approach to care. Training opportunities are available for psychology and psychiatry trainees. Sleep medicine offers a 2-week elective allowing customized clinic assignments for psychiatry residents. Clinics are available in adult sleep neurology, adult pulmonary sleep, adult sleep psychology, and pediatric sleep. Psychology interns can complete a 6-month rotation in Behavioral Sleep Medicine. Training is also available for externs and postdoctoral fellows interested in Behavioral Sleep Medicine. Adult clinics are held at 150 East Huron and Duchossois Center for Advanced Medicine while pediatric clinics are at Comer Children's Hospital and Naperville locations.

FACULTY SPOTLIGHT ON RESEARCH



Andrea Goldschmidt, Ph.D. is an Assistant Professor in our department. Dr. Goldschmidt received her Ph.D. in clinical psychology from Washington University in St. Louis in 2010. She came to the University of Chicago as a Postdoctoral Fellow in 2010, and joined the faculty as Assistant Professor in 2012. Her research

focuses on the classification, etiology, and psychosocial correlates of pediatric binge eating, and its intersection with obesity. She is particularly interested in the phenomenology of binge eating [i.e., the consumption of an unambiguously large amount of food accompanied by a sense of loss of control while eating], especially its hallmark feature, loss of control. She has been involved with several empirical projects demonstrating the clinical significance of loss of control eating among youth, and her work has helped highlight the importance of early identification and treatment of such behavior. In particular, Dr. Goldschmidt's research has shown that the experience of loss of control while eating appears to be a strong marker for psychopathology and distress among individuals with binge eating problems. Current projects include examining predictors of outcome in a pediatric weight control trial, and characterizing antecedents to negative affect in relation to binge eating episodes using ecological momentary assessment data. She recently applied for NIH funding to examine executive function in overweight children with loss of control eating problems.

RESEARCH PROGRAM SPOTLIGHT



Abraham A. Palmer, Ph.D. is an Associate Professor in the Department of Human Genetics; he has a joint appointment in the Department of Psychiatry and Behavioral Neuroscience. He received his B.A. in Biology from the University of Chicago in 1992. He received a Ph.D. in Biomedical Sciences from the University of California at San Diego in

1999. He then did two postdocs, one at Oregon Health & Sciences University in Portland, Oregon, and a second at Columbia University in New York. He returned to the University of Chicago in 2005. He has published 94 peerreviewed papers, reviews and book chapters. He is the PI on 3 R01 grants and also has several smaller grants and subcontracts. He is the president-elect for the International Behavioral and Neural Genetics Society (IBANGS) and also serves as an Associate Editor for Genes, Brain and Behavior, which is the official journal for that society. He is broadly interested in behavioral genetics. His current research uses humans, mice and rats and focuses on genome-wide association studies (GWAS) of various behavioral, physiological and gene expression traits. He also has a number of projects that focus on genes that have been identified by GWAS that his lab has conducted. Many of his projects integrate research in humans and model organisms. More information about Dr. Palmer's research can be found at www.palmerlab.org.

SPOTLIGHT ON TRAINEES

Our Clinical Psychology Interns:



Jana Wingo, M.A., our Adult Neuropsychology intern is a clinical psychology graduate student in Loyola University Chicago's doctoral program. She earned her Bachelor's degree at the University of Notre Dame. She has

University of Notre Dame. She has presented posters at several conferences and will be presenting at the annual meeting of the International Neuropsychological Society in Hawaii in February 2013. Jana will also be interviewing for adult neuropsychology postdoctoral fellowships in the next month. She is currently working on the Neuropsychology Service at St. Mary's Hospital in Hobart, Indiana. Additionally, she is completing two half rotations in Adult C/L and Pediatrics Neuropsychology.



Matthew Lerner, M.A, our Child Psychology/Pediatric Neuropsychology Intern comes from the Clinical Psychology Ph.D. program at the University of Virginia (UVA). He completed his Bachelor's degree in Philosophy at Wesleyan University, and his

Master's degree in Psychology at UVA. His research focuses on understanding and treatment of social dysfunction in youth, especially those with autism spectrum disorders; he has produced more than two dozen publications in this domain. He is currently working in the Child Consultation/Liaison and Clinical Neurophysiology programs. Matt's research just received an award from the International Society for Autism Research for being the best clinical/behavioral dissertation. He will receive this honor in San Sebastian, Spain, in May 2013

SPOTLIGHT ON SCHOLARSHIP

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

Chen P, *Jacobson KC*. Developmental trajectories of substance use from early adolescence to young adulthood: gender and racial/ethnic differences. J Adolesc Health 50:154-163, 2012.

Grant JE, Odlaug BL, Hampshire A, Schreiber LR, Chamberlain SR. White Matter Abnormalities in Skin Picking Disorder: A Diffusion Tensor Imaging Study. Neuropsychopharmacology, Nov 29, 2012 [Epub ahead of print].

Lee RJ, Gill A, Chen B, McCloskey M, *Coccaro EF*. Modulation of central serotonin affects emotional information processing in impulsive aggressive personality disorder. J Clin Psychopharmacol 32:329-335, 2012.

Keenan K, Hipwell A, Stepp S. Race and sexual behavior predict uptake of the human papillomavirus vaccine. Health Psychology 31:31-34, 2012.

King AC, Cao D, Zhang L, O'Malley SS. Naltrexone Reduction of Long-Term Smoking Cessation Weight Gain in Women But Not Men: A Randomized Controlled Trial. Biol Psychiatry, Nov 21, 2012 [Epub ahead of print].

Loweth JA, Li D, Cortright JJ..., *Vezina P.* Persistent Reversal of Enhanced Amphetamine Intake by Transient CaMKII Inhibition. J Neuroscience 33:1411-1426, 2013.

SPOTLIGHT ON RESIDENTS



Catherine Rockwood, M.D. is a resident in the adult psychiatry program at University of Chicago. She completed her undergraduate degree at Wellesley College in Wellesley, MA where she studied Italian, History and International relations. During her undergraduate career she participate in

research with the NICHD study of Early Childhood and Youth development. Following graduation she worked for an international lobbyist in Washington, DC. Recognizing that Psychiatry was her passion she attended a post-bac program at Georgetown University. She received her MD from University of Tel Aviv. She is interested in public policy, international Psychiatric health and neuropsychiatry.



Danijela Stojanac M.D. is a current PGY-3 resident in our Adult Psychiatry Program. She was born and raised in Serbia, where she completed her education and graduated from medical school at the University of Novi Sad, Serbia. Her interest in psychiatry developed in high school, and she entered medical school

to become psychiatrist. The medical internship in Brazil reinforced her enthusiasm for learning about other cultures and new languages. While in medical school she became interested in the clinical research, working on student projects in Serbia (psychotic disorders and schizophrenia) and Austria, Vienna (in ophthalmology). Her research experience in Austria was crucial for her decision to apply for residency in psychiatry in the US. Danijela moved to Chicago to pursue her graduate training in adult psychiatry. Her current interests are child psychiatry and addiction. Her future goals are to complete the fellowship and enrich her knowledge in psychodynamic psychotherapy and psychoanalysis.

SPOTLIGHT ON ADMIN/STAFF



Tojy Thomas, Director, Budgets and Financial Operations. Tojy is responsible for the financial operations within the department. His job entails reviewing financial statements and developing business plans, financial models and forecasts for all major service programs and initiatives. He also manages day-to-day

financial transactions and investigates any financial issues. In addition, Tojy prepares annual budgets and monitors the performance and variances.

Prior to joining the University, he worked for Crowe Horwath LLP for three years as a manager in the Forensic Services Group and for Ernst & Young LLP for over five years as a senior consultant in the Investigative and Dispute Services.

His children keep him busy during his spare time. He has a 4 year old daughter, Soraya and 18 month twin boys, Caleb and Zach.

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:

<u>Mood & Anxiety Disorder Program*</u>
<u>ADHD and Disruptive Disorder Program*</u>
<u>Developmental Disorder Program*</u>
<u>Eating Disorder Program*</u>

Inpatient Psychiatry
Consultation-Liaison Psychiatry
C&A Clinical Neuropsychology

*<u>Call Intake @ (773) 702-3858</u>

RESEARCH PROGRAMS

Behavioral and Chemical Addictions (Dr. Grant)

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

<u>Behavioral Neuroscience Research Laboratory</u>
(Dr. Vezina)

<u>Biologic & Pharmacologic Treatment Studies of</u> <u>Impulsive Aggression (Dr. Coccaro)</u>

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

Biological Studies of Stress and Personality (Dr. Lee)

Eating Disorder Treatment Studies (Dr. le Grange)

Human Neuropsychopharmacology (Dr. de Wit)

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

Molecular Psychopharmacology (Dr. Dulawa)

Neuroscience of Psychosis (Dr. Keedy)

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We're On the Web: http://psychiatry.uchicago.edu