

The University of Chicago

DEPARTMENT OF PSYCHIATRY NEWSLETTER

VOLUME 8, ISSUE 2 WINTER 2015/2016

CHAIR'S MESSAGE...

Welcome!

This is the second of three seasonal (Fall, Winter, and Spring) newsletters for AY 2015-16 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 to include scholarly focus.

Emil F. Coccaro, M.D.

E.C. Manning Professor & Chair

Department of Psychiatry &

Behavioral Neuroscience



IN THIS ISSUE:

Top Story	1
Ground Rounds	2
Media Notes	2
Faculty Promotions	2
Clinical, Education, and Research News	3
Spotlight on Clinical/Teaching	4
Spotlight on Research Programs	4
New Faculty	4
Honors and Awards	4
Spotlight on Scholarship	5
Spotlight on Trainees	5
Listing of Clinical & Research Programs	6



UPCOMING EVENTS:

- **Grand Rounds: L 168 (12-1:30 PM)**
M. Craske, Ph.D., UCLA (2/11)
L. Pan, M.D. Univ of Pittsburgh (3/10)
A. Chronis-Tuscano, Ph.D., Univ of Maryland (4/14)
A. Sanders, M.D., Northshore Univ HlthSystem (5/12)
- **Case Conferences: H103 (12-1:15 PM)**
V. Gorrepati, M.D., (Resident Case: (2/18)
M. John, D.O., M.P.H. (Resident Case: (2/19)
W. Shuham, M.D. (Resident Case: (3/17)
M. Neahrng, M.D. (Resident Case: (3/24)
P. Gerard Tapon, M.D. (Resident Case: (3/31)
F. Nakshabandi, M.D. (Resident Case: (4/21)
B. Shields, M.A. (Psychology Intern: (4/28)
Y. Yanovskaya, M.D. (Resident Case: (5/19)
J. Tam, M.A. (Psychology Intern: 5/26)

TOP STORY:

GENEROUS DONOR GIFT SUPPORTS EDUCATION



The Psychology Internship program is thrilled to announce the creation of the Lorraine Abramson Howard Educational Support fund. We are grateful to Lynn Dennis, daughter of Lorraine Abramson Howard who gifted the program \$50,000. Lorraine Howard was a psychologist with Jewish Vocational Services before joining the counseling staff of the University of Illinois-Chicago Student Services Center from which she retired. She also had a private practice in the city with a special interest in the needs of the LGBT community well before these services were widely available. Her daughter, Lynn Dennis, LICSW is in private practice in the Boston area. This bequest, in memory of Ms. Howard's advocacy for psychology training, enables us to fully support all 5 interns for a conference at which they made a first author presentation. Being able to offer this funding also improves the national reputation of our internship program. Joyce Tam, Helen Tam, and Brian Shields attended the annual meeting of the International Neuropsychological Society (INS) in Boston in February, 2016, where they also interviewed for postdoctoral fellowships. We hope that Lynn will visit our department and allow us to express our appreciation for her generosity in person.

GRAND ROUNDS

L 168 , 12-1:30 PM

2/11/16

Michelle Craske, Ph.D.

Director, Anxiety and Depression Research Center
Professor and Vice Chair, Department of Psychology
University of California, Los Angeles
D.X. Freeman Memorial Lecture:

Optimizing exposure for anxiety: Inhibitory Mechanisms

3/10/16

Lisa Pan, M.D.

Assistant Professor, Department of Psychiatry
University of Pittsburgh

John Kenward Memorial Child and Adolescent Lecture:
A New Approach to Treatment-Refractory Depression and Suicidal Behavior

4/14/16

Andrea Chronis-Tuscano, Ph.D.

Professor, Department of Psychology
University of Maryland

Irving B. Harris Memorial Child and Adolescent Lecture:
Parental Psychopathology & Parenting: Impact on Developmental & Treatment Outcomes for Children with ADHD

5/12/16

Alan R. Sanders, M.D.

Director, Behavioral Genetics Unit
Center for Psychiatric Genetics
Northshore University HealthSystem
Foundation Fund Lecture:

Genetics of Male Sexual Orientation

MEDIA NOTES

Dr. Dan Yohanna was a guest on WVON radio Nov. 28, addressing "Holiday Health".

Dr. Josh Kellman discussed talking to kids about school shootings on WBEZ radio. <http://tinyurl.com/j6vwxl8>

Dr. Sarah Keedy commented on anger management in bipolar disorder for *Bipolar Hope* magazine. <http://www.bphope.com/bipolar-anger-unravel-your-wrath/>

Dr. Andrea Goldschmidt's study on cognitive factors and future weight gain in girls was reported by Reuters (<http://tinyurl.com/jk3k2vm>) and featured at HealthDay.com (<http://tinyurl.com/zjreqcqy>)

Dr. Jon Grant discussed getting help for skin picking and hair pulling disorders in *US News and World Report*: <http://tinyurl.com/nrsoyll> and he commented on cognition-enhancing medication for the Chicago CBS affiliate: <http://chicago.cbslocal.com/2015/11/24/can-taking-a-pill-make-you-smarter/>

Dr. Stephanie Cacioppo's study on how feeling lonely makes your brain respond differently to social threats was reported in the New York Times (<http://tinyurl.com/zahdmcp>), the Independent (<http://tinyurl.com/zykshan>), and the Wall Street Journal (<http://www.wsj.com/articles/new-research-on-overcoming-loneliness-1442854148>)

Dr. Elliott Gershon's recently-awarded psychotic disorders grant was mentioned in the Chicago Sun-Times' Health Briefs section: chicago.suntimes.com/news-chicago/7/71/1024910/health-briefs-dissolving-stent-heart-arteries-passes-hurdle

FACULTY PROMOTIONS



Scott Hunter, Ph.D., is now a Full Professor. Dr. Hunter has been on the UC faculty since 1999. He is the Director of Neuropsychology and Coordinator for Child Psychology Training. An expert on the development of executive and attentional capacities, he has focused his research on understanding the intersection of socioeconomic and neurodevelopmental factors influencing executive skill in youth who are affected by medical and social challenges, and how that impacts choice and risk taking. Dr. Hunter collaborates with colleagues in Pediatric Neurology, Hematology/Oncology, Developmental Pediatrics, and Infectious Disease in the identification and treatment of illness as it impacts learning and becoming independent. He concurrently serves as a Vice-Chair for the Institutional Review Board, and is deeply engaged in the ethical conduct of pediatric research. As one of the child psychology faculty, Dr. Hunter is actively involved in medical and clinical psychology training.



Tina Drossos, Ph.D., is now Associate Professor. Dr. Drossos has been on UC faculty since 2006. She serves as the coordinator for child psychotherapy and pediatric psychology training. Currently she is directing the Health and Wellness Program at the Kovler Diabetes Center. Dr. Drossos also works with the multi-disciplinary Child & Adolescent consultation/liason service providing both timely and comprehensive assessments of psychiatric concerns in medically ill patients along with psychotherapy and supportive services, if applicable, for patients who are hospitalized long-term in the Comer Children's Hospital. Dr. Drossos's clinical and research interests are focused on the overall health-related quality of life and psychosocial obstacles that patients with comorbid physical and psychological concerns face. Dr. Drossos is also involved in providing clinical supervision and teaching to the various trainees within the Department.



Shona Vas, Ph.D., is now Associate Professor. Dr. Vas has been on the UC faculty since 2006. She is the Director of Clinical Psychology training and oversees the predoctoral psychology internship and externship programs. She is also involved in the creation of new postdoctoral psychology fellowship opportunities at the U of C. Dr. Vas established the Cognitive-Behavior Therapy program in the Adult Section of the department in 2007. She maintains an active clinical practice and provides education for psychology trainees and psychiatry residents through didactic courses and clinical supervision. Dr. Vas has research interests in women's health, health behavior change, and evaluation of training and supervision. Dr. Vas received the Instructor of the Year award from the psychology interns in 2010, 2011, 2013, and 2015. She also received the Chair's award for outstanding departmental citizenship in 2010, 2013, and 2014. During the next phase of her career, Dr. Vas hopes to be more involved in national organizations related to psychology training.

CLINICAL MISSION: ADULT PSYCHIATRY



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

Last quarter, I told you about the expansion of mental health services at UCM through a collaborative care model, similar to the AIMS model or IMPACT model originating in Washington State. We have implemented this model in our capitated Medicare Advantage Patients (MAPS) from Cigna Healthsprings. This population has grown from 470 patients in the last quarter to now over 800 individual patients. We have a mental health case manager and we are developing the registry to help manage the behavioral health services of the population.

On the more problematic side, the State budget impasse has severely affected mental health services in Illinois and in our neighborhood. Just last Friday, among the many programs experiencing cuts, Lutheran Social Services closed mental health services and programs for substance use disorders for children, adults and families in many parts of the Chicagoland area; they laid off 750 employees! Children's Home and Aid closed crisis intervention and services for youth at risk on the South and West Sides of Chicago. REPLOY, a criminal justice diversion program for youth, many with mental health issues and a program that saved money for the state, was shut down in 23 counties.

A United Way survey estimates cuts across the state for mental health providers now total 25%. If the budget is not signed soon, we can expect a large collapse of social services. Our ED and clinics may feel the result of this inaction.

RESEARCH MISSION



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

Congratulations to two of our junior faculty who recently received awards. First, Andrea Goldschmidt received a Rising Star designation from the Association for Psychological Science (APS). This award is given to outstanding psychological scientists in the earliest stages of their research career and recognizes their innovative work and potential for continued contributions. Dr. Goldschmidt was selected this award based on her promise of excellence in research as demonstrated by significant publications; significant recognitions; significant discoveries, methodological innovations, or theoretical or empirical contributions; and work with potentially broad impact. Second, congratulations to Dr. Sonya Dinizulu who recently received the Urban Health Initiative (UHI) Fellowship. In this award, she will be conducting a pilot study focused on using service-learning as violence prevention among 6th-8th African American youth exposed to community violence. The UHI represents UCM's community health through collaboration with community programs and partners, innovative strategies, and utilization of resources. UHI fosters strong, lasting relationships with civic leaders, community organizations, health care providers and residents to strategically improve health and access to quality care on the South Side of Chicago. We are proud of both of you for your early career accomplishments.

CLINICAL MISSION: C & A PSYCHIATRY



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

The Child and Adolescent Psychiatry section continues to progress with its expansion of staff and services. In December, 2015, we welcomed Dr. Purnima Gorrepati, our former Chief Fellow, to our faculty as a part-time Clinical Associate. She will be assisting the Child & Adolescent Section by seeing patients from our Neuro-Development and Mood and Anxiety Disorders Clinics. Shortly, we will be welcoming Dr. Matthew Young, a psychologist from Warren Alpert Medical School of Brown University. Dr. Young's area of expertise is in evidenced-based interventions for disruptive disorders.

We continue to expand our reach in the community and broaden our services through affiliations with the Little Company of Mary Hospital (LCMH) and La Rabida Children's Hospital. Dr. Sonya Dinizulu for the past couple months, has been providing psychotherapy services for LCMH's pediatric department. Starting February, Dr. Anam will be providing diagnostic assessment and treatment for children and adolescents at La Rabida. As the Child & Adolescent Section blossoms, our future looks promising. We have streamlined our patients' procedures and have seen a reduction in cancellations and no shows, which, ultimately, have increased our efficiency and productivity. We are currently searching for a Child and Adolescent Psychiatrist to join the section and our growing workload.

Additionally, we have completed our Fellow Match and are very happy to learn that we will be getting three outstanding candidates to join us.

EDUCATION MISSION



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

Fall and Winter are once again recruitment time for the Adult Residency, the Child and Adolescent Program, the Psychosomatic Fellowship, and the Psychology Internships. We did extremely well in our Match for Child Fellows and a Psychosomatic Fellow, thanks to the hard work and impressive talents of Drs. Radwan and Tobin and their teams of faculty and staff. The Residency recruit process reflects a time of change, with more US medical graduates (because of new US medical schools) as well as highly competitive medical students applying to more programs across the US. We received far more applications than ever before, and were able to be more selective in our offers of interviews than in the past, so that we interviewed a group of outstanding and highly motivated, accomplished applicants, many with backgrounds in research and global mental health experiences. The interviewing process for Psychology Interns took place throughout January, and again found among them a highly competitive group.

In addition to our recruitment of trainees, our Department is in the fortunate position of being able to recruit a number of new faculty, in child and adolescent psychiatry, psychosomatic medicine, collaborative care, geriatrics and inpatient psychiatry, among other areas. Our Departmental Search Committees have been reviewing applications and conducting interviews. Many of the applicants interviewed or invited for interviews have strong backgrounds in education and describe a real commitment to education of trainees at all levels, so that the education mission of our Department will be well served by our new recruits. We will be able to offer mentorship in more areas, by new and invigorated faculty, and to continue to provide exemplary supervision and training.

CLINICAL / TEACHING SPOTLIGHT



Jeffrey D. Roth, M.D. runs the Process Group for the Adult Psychiatry residents. Dr. Roth is an addictions psychiatrist and group psychotherapist. He graduated from Yale University Medical School and did his residency in psychiatry at the University of Chicago. He is board certified in psychiatry and in the subspecialty of addictions psychiatry, and is certified in addictions medicine by the American Society of Addictions Medicine (ASAM). He is past chair of the addictions committee of the Illinois Psychiatric Society, the past-president of the Chicago Center for the Study of Groups and Organizations, a Fellow of ASAM, of the American Group Psychotherapy Association and of the A. K. Rice Institute and a distinguished fellow of the American Psychiatric Association. He is the author of the book *Group Psychotherapy and Recovery from Addiction: Carrying the Message* and the editor of the *Journal of Groups in Addiction and Recovery*. He has experience directing group relations conferences, including in Chicago and China. As a Lecturer in the Department, he is the long time facilitator of the resident Process Group, a participatory and educational experience in group work which has inspired residents over the years to incorporate this type of work into their careers.

RESEARCH PROGRAM SPOTLIGHT



The Behavioral Neurosciences Research Laboratory, directed by **Dr. Paul Vezina**, Professor, is focused on understanding how neurotransmitters of the brain's basal ganglia contribute to appetitive behavior, relevant to problems addressed in psychiatry such as addiction. The basal ganglia comprise groups of neurons that project to a large number of forebrain areas and are known to profoundly influence motor and affective behaviors. A major focus of Dr. Vezina's current funded research program is on the neurochemical and morphological events in brain that underlie drug-induced behavioral plasticity. This work is characterizing how various proteins induce the rapid dendritic morphological changes that accompany drug-induced conditioning as well as PKA, PKC and CaMKII signaling in amphetamine induced sensitization. Another focus of Dr. Vezina's research has discovered that a number of behavioral and neuronal forms of plasticity can be induced by non-pharmacological phenomena such as prolonged exposure to conditions of uncertainty. These projects reflect the long-standing and evolving interest of his laboratory in associative and non-associative forms of plasticity produced by exposure to stimulant drugs as well as non-drug experiences.

Current Funding:

R01DA09397 Sensitization and Stimulant Self-Administration Vezina (PI)

R21DA034184 Uncertainty and Stimulant Self-Administration Vezina (PI)

NEW FACULTY



Andrea Busby Ph.D. joined the Department as Assistant Professor in September 2015, and has a joint academic appointment in the Department of Medicine, Section of Endocrinology. She received her Ph.D. in Psychology from The Ohio State University, completed her internship training at Rush University Medical Center, and completed clinical and research fellowship training at VA Boston Healthcare System. Dr. Busby is a health psychologist who specializes in the provision of evidence-based psychological services to patients with chronic medical conditions. Her primary clinical and research interests include behavior change, behavior change maintenance, and coping with chronic medical conditions. The majority of Dr. Busby's present clinical work occurs in the context of the Chicago Weight Program, an interdisciplinary medical and behavioral weight loss program located at the Huron Clinic. Dr. Busby is thrilled to participate in the Department's mission to increase the availability of behavioral medicine clinical services for medical patients, as well as provide educational opportunities for trainees interested in careers in health psychology.

HONORS AND AWARDS

Dr. Michael Marcangelo was awarded the Leonard Tow Humanism Award, sponsored by the Arnold P. Gold Foundation. This award is given annually to only one Pritzker Medical School faculty member by Pritzker's graduating class, for "outstanding compassion in the delivery of care; respect for patients, their families, and healthcare colleagues; and clinical excellence."

Dr. Jon Grant was named a 2016 Top Doctor by Chicago Magazine, which utilizes a peer-nominated process. <http://www.chicagomag.com/Chicago-Magazine/January-2016/Top-Doctors/>

Dr. Sonya Dinizulu was awarded an [Urban Health Initiative Fellowship](#). With this award, she will conduct a pilot study focused on using service-learning as violence prevention among 6th-8th grade African American youth exposed to community violence. The Urban Health Initiative (UHI) is the University of Chicago Medicine's community health department through which population health and [community benefit](#) are administered. This is accomplished through collaboration with community programs and partners, innovative strategies and the utilization of resources. UHI fosters strong, lasting relationships with civic leaders, community organizations, health care providers and residents to strategically improve health and access to quality care on the South Side of Chicago.

Dr. Andrea Goldschmidt received the Rising Star Award from the Association for Psychological Science. The award is given to early career scientists "whose innovative work has already advanced the field and signals great potential for their continued contributions." <https://www.psychologicalscience.org/rising-stars/stars.cfm#G>

SPOTLIGHT ON
CHILD & ADOLESCENT
TRAINEES



Michelle John, D.O., M.P.H. is a 2nd year pediatric psychiatry fellow at the University of Chicago. She completed her undergraduate education at Loyola University Chicago. She attained her Master of Public Health and Doctorate of Osteopathic Medicine from Des Moines University College of Osteopathic Medicine. She completed her Adult Psychiatry Residency at University Hospitals Case Medical Center. Currently, she is serving a one year term as the student representative for Illinois Counsel Child and Adolescent Psychiatry (ICCAP). She is assisting with clinical research in two of Dr. Grant's currently-recruiting clinical trials: "Milk Thistle in Trichotillomania in Children" and "Ecopipam Treatment of Tourette's Syndrome in Subjects 7-17 Years," (see clinicaltrials.gov). She will present "Mental Health Providers Beliefs on Spirituality and Religion in Application to Mental Health Practice in the Pediatric Population" at the 5th Annual Conference on Medicine and Religion in Houston, Texas in March. She is also involved in a quality improvement project addressing access to mental health resources in IL and Northwest Indiana. Her interests include mood and anxiety disorders, mental health advocacy, holistic care, mental health public health and spirituality/religion.



Trixie Lipke, M.D. is a 1st year child & adolescent psychiatry fellow. She graduated from Northwestern University with a BA where she studied biology and psychology and completed a yearlong EEG course for the detection of suppressed information. She also worked as an ABA therapist for three years during college as well as a special needs recreation counselor for the North Shore Suburban Recreation Association. Trixie worked in an fMRI research lab that studied traits of empathy along cultural, racial, and political lines as well as ways to hopefully increase this value at Northwestern following graduation. She returned to her home state Wisconsin for medical school at the University of Wisconsin School of Medicine and Public Health and then completed adult residency training at the University of Illinois at Chicago. She enjoys sailing, skiing, and watching B-movies.

SPOTLIGHT ON
INCOMING FELLOW IN
PSYCHOSOMATIC
MEDICINE



Dr. Katrina Burns graduated *cum laude* with a BS in Microbiology from the University of Rochester. She completed her medical school training at New York College and is currently completing her residency in psychiatry at UIC where she is the Chief resident. and will join us shortly after that. The

SPOTLIGHT ON
INCOMING CHILD &
ADOLESCENT
PSYCHIATRY RESIDENTS

Laura Chang, D.O., a native of Chicago, did her undergraduate studies at the University of Chicago where she got her BA in Psychology and Biology with a specialization in Neuroscience. Later, she got her DO from Touro University College of Osteopathic Medicine. Currently, she is completing her general psychiatry training at Advocate Lutheran General Hospital. She is interested in developmental disabilities and language development. She was the assistant director of Berkeley Youth Living with Disabilities, a residential facility that provides care to adolescents with developmental disabilities. She enjoys being a mother, watching movies and knitting.

Kavita Jayaswal, M.D. did her undergraduate studies at the University of Illinois Urbana/Champaign where she obtained a BS in psychology. Later, she obtained her MD from the University of Illinois College of Medicine, Peoria. Kavita is well known to many of us as she joined our psychiatry training program at the University of Chicago. She has been a phenomenal resident and is well liked by her patients, colleagues and supervisors. 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 did his undergraduate studies at University of Dayton where he got his BS in Biology. He attended the University of Cincinnati College of Medicine where he obtained his MD. Currently, he is completing his general psychiatry training at Stony Brook University Hospital. He is interested in stigma, health and social justice. He enjoys painting, traveling and hiking.

SPOTLIGHT ON
SCHOLARSHIP

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

Cacioppo, S., & Cacioppo, J. T. (2015). Why may allopregnanolone help alleviate loneliness? *Medical Hypotheses*, doi:<http://dx.doi.org/10.1016/j.mehy.2015.09.004>

Fridberg, D. J., Cao, D., & King, A. C. (2015). Integrating alcohol response feedback, in a brief intervention for young adult heavy drinkers who smoke: A pilot study. *Drug and Alcohol Dependence*, 155, 293-297.

Goldschmidt, A.B., Wall, M.M., Zhang, J., Loth, K.A., & Neumark-Sztainer, D. (in press). Overeating and binge eating in emerging adulthood: 10-year stability and risk factors. *Developmental Psychology*.

Medeiros GC, Leppink EW, Yaemi A, Mariani M, Tavares H, **Grant JE**. Electronic gaming machines and gambling disorder: A cross-cultural comparison between treatment-seeking subjects from Brazil and the United States. *Psychiatry Res*. 2015 Dec 15;230(2):430-5.

Coccaro EF, Lee R, Breen EC, Irwin MR. Inflammatory markers and chronic exposure to fluoxetine, divalproex, and placebo in intermittent explosive disorder. *Psychiatry Res*. 2015 Oct 30;229(3):844-9.

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

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RESEARCH PROGRAMS

Behavioral and Chemical Addictions (Dr. Grant)

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

Behavioral Neuroscience Research Laboratory (Dr. Vezina)

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

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

Biological Studies of Stress and Personality (Dr. Lee)

Eating Disorder Treatment Studies (Dr. le Grange)

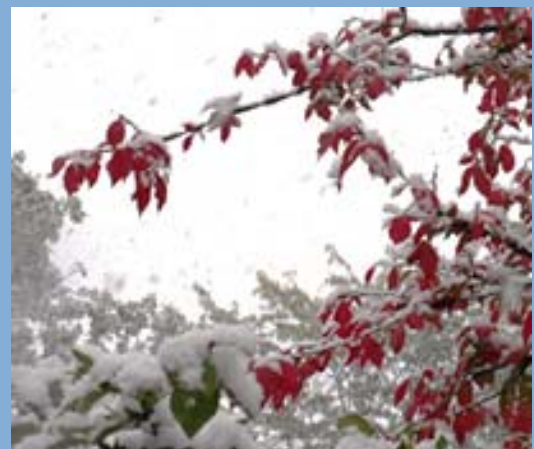
Human Neuropsychopharmacology (Dr. de Wit)

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

Neuroscience of Psychosis (Dr. Keedy)

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<http://psychiatry.uchicago.edu>