

# InPsych

Summer, 2014



## NewYork-Presbyterian's Psychiatry Programs Jump to #2 in the Nation in the US News & World Report Ranking

In the annual U.S. News & World Report "Best Hospitals" rankings, published online July 15, NewYork-Presbyterian Hospital ranked second in the nation for psychiatry and number one in New York. Psychiatry jumped two places this year, with a very strong score – less than one percentage point behind the first place program. NewYork-Presbyterian again earned the top spot among all hospitals in New York State and the New York metro region, and moved up to #6 nationally. For the 14th consecutive year, the hospital was included in the prestigious Honor Roll, which recognizes national excellence in multiple specialties.

This recognition of our stellar clinical services, with Dr. Grant Mitchell at the helm, comes as just as they are undergoing an expansion to provide greater access to psychiatric care to more patients (*see article below*). The growth and excellence of the clinical programs rely in no small part on the insights gained from our research studies, enabling clinicians to deliver the



highest quality patient-centered and evidence-based care.

"This recognition in the US News & World Report is a credit to the talent and professionalism of our faculty and the staff who support their efforts on a daily basis," said Dr. Jeffrey Lieberman, Psychiatrist-in-Chief at New York Presbyterian Hospital-Columbia University Medical Center.\* "Every individual in the department of psychiatry, working collaboratively and efficiently, is dedicated to helping people with psychiatric disorders and ensuring that they receive the best possible care and the support they need to reach their fullest potential as contributing members of our society. This acknowledgment - on such a national scale – is a tribute to the efforts of the entire department."

*The rankings are published at <http://health.usnews.com/best-hospitals> and are available in print in the U.S. News "Best Hospitals" 2014-15 issue, available in bookstores and on newsstands August 26.*

*\*See also "Message from the Chairman and Director," page 2.*

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## Clinical Services Update: Building Towards the Future

A year after his arrival Grant Mitchell, MD, Vice Chair for Clinical Services, is seeing the fruits of his team's labor. A number of priorities took shape following listening sessions with faculty and staff to establish where there may be gaps in patient care services and to identify strategies for improvement. An initial priority was continuing to integrate the department's clinical services by building a searchable, easily-navigated database that was inclusive of services across the medical center campus. Clinicians and patients will soon have full access to information about every psychiatric resource in the department.

In the meantime, the referral line at 212-305-6001—which is the



central entry point for individuals seeking clinical care as well as research studies — now has a well-trained team with expertise in screening as well as access to the full complement of services in the department. It is experiencing record numbers of inquiries from callers.

Our clinical research units at the New York State Psychiatric Institute continue to provide

treatment for patients who volunteer for research studies to further understand the causes of and improve treatments for psychiatric disorders, including schizophrenia, mood disorders, eating disorders and substance abuse. Patients with serious mental illness from the community, many of whom lack insurance, receive care on the Washington Heights Community Service (WHCS), a 21-bed inpatient unit. The combined 54-bed units at NewYork-Presbyterian's Milstein and Allen Hospitals are yet another resource for patients (where more than 900 received inpatient treatment last year) in addition to the consultation-liaison and

(continued on page 8)



## Behind the Rankings: Providing the Best Care for Our Patients

For the last ten years the Psychiatry programs at NewYork-Presbyterian have ranked among the top five in the United States -- and this year moved from 4th into 2nd place, less than one percentage point behind Massachusetts General Hospital at the top of the Honor Roll.

It is both gratifying and humbling to be recognized as one of the nation's premiere psychiatry services for so many years, an achievement which rests squarely on the extraordinary efforts of our dedicated and caring faculty and staff to deliver state-of-the-art care to our patients.

Our competition is not the other excellent hospitals and medical centers against whom we are measured, rather we are competing against the devastating diseases of the brain, working to reduce the suffering that they cause. Our goal is to find the best ways to achieve our mission - to reduce the burden of mental illnesses on individuals, their families and society. Recognition of how well we do our work is welcome in large part because it helps reduce the stigma of mental illness, and makes it easier for people suffering from mental illnesses to seek help. Identifying the best care also makes it easier for people to get the right care. Complex, difficult to manage, treatment-resistant illnesses are something we see and care for every day at NYSPI/Columbia Psychiatry: we are indeed *the* place to go for successful treatment.

My congratulations and appreciation go to our residents, faculty, and staff in our emergency room and hospital services, our research clinics and units, our specialty services, and all our inpatient and outpatient facilities for caring for patients with warmth and expertise, for their success in combining innovation and experience, making this honor a reality.

## ResearchNews

### DNA on the Witness Stand: Courts Face Challenges When Linking Genetics to Criminal Behavior

Studies suggest that some people may be at increased risk of criminal behavior because of their genes. Such research has the potential to help judges and juries with some of the difficult decisions they must make, but it also brings a substantial risk of misinterpretation and misuse within the legal system. Addressing these issues will be of critical importance in upholding principles of justice and fairness, according to a paper published in the June 4 issue of the Cell Press journal *Neuron*.

"Genetic evidence, properly used, could assist with judgments regarding appropriate criminal punishments, causes of injury or disability, and other questions before the courts," said author Paul Appelbaum, MD, director of Columbia University's Center for Research on Ethical, Legal & Social Implications of Psychiatric, Neurologic & Behavioral Genetics and the Elizabeth K. Dollard Professor in Columbia's Department of Psychiatry. Genetic evidence has been presented in criminal trials to suggest that defendants have diminished understanding of or control over their behavior, most often in arguments for mitigating sentences—especially for defendants facing the death penalty. Genetic evidence may also play an increasing role in civil trials regarding issues such as causation of injury. For example, employers contesting work-related mental disability claims might want claimants to undergo genetic testing to prove that an underlying disorder was not responsible for their impairment.

"The complexity of genetic information and our incomplete understanding of the roots of behavior raise the possibility that genetic evidence will be misused or misunderstood. Hence, care is needed in evaluating the extent to which genetic evidence may have something to add to the legal proceedings in a given case," said Dr. Appelbaum, who is also Director of the Division of Law, Ethics and Psychiatry at the New York State Psychiatric Institute.

A number of questions must be addressed. For example, to what extent do specific genetic variants make it more difficult to understand or control one's behavior, and what are the biological mechanisms involved? Also, what is the best way to respond to individuals with genetic predispositions to criminal behavior, to diminish the risk of recidivism?

Dr. Appelbaum notes that it will be an ongoing challenge for both legal and genetic experts to monitor the use of genetic data in the courts to ensure that the conclusions drawn validly reflect current science. Without such efforts, judges and juries may overestimate or underestimate the conclusions that can be drawn from genetic evidence, distorting the legal process.

*Work on this paper was supported by a grant from the National Human Genome Research Institute (1P50HG007257-02)*

*\*This release was originally prepared and distributed by Cell Press.*

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**Deborah L. Cabaniss, MD**, Director of Psychotherapy Training in the Columbia University Department of Psychiatry, and Director of the Virginia Apgar Academy of Medical Educators, received a Presidential Award for Outstanding Teaching from President Lee Bollinger at this year's Columbia University Commencement on May 21st. The Presidential

Award for Outstanding Teaching is the highest award for teaching offered at the University, and this year five professors were chosen from over 500 nominations. President Bollinger's commendation of Dr. Cabaniss noted that she has "revolutionized the way psychotherapy is taught in the residency, in the medical school, and through her books and workshops, around the entire country. She has "begun to integrate cognitive neuroscience into the understanding of

psychodynamic mechanisms," and that, "before the term 'flipped classroom' became fashionable" she flipped it, challenging her students to participate actively in every class."

Valued by the entire CUMC community for her excellence as an educator, Dr. Cabaniss was made the Director of the Virginia Apgar Academy of Medical Educators in 2011, and she has been a campus-wide leader in shaping the new educational track system.



**Robert Klitzman, MD**, Director of the Masters of Bioethics Program, was one of nine leaders in bioethics named a Hastings Center fellow. Fellows are an elected association of researchers from around the world whose distinguished contributions in their fields have been influential in bioethics.

**Stephanie LeMelle, MD**, the Co-Director of Public Psychiatry Education was named to the Task Force on Behavioral Health and the Criminal Justice System. The announcement was issued by Mayor DeBlasio's office on June 2, 2014.



"The task force will create opportunities to reduce crime and costs by treating the mental ill outside of the criminal justice system; identify effective approaches to medical and mental health care while incarcerated; develop better standards for transition from jail back into the community; and establish targeted treatment upon release. As part of these efforts, the task force will develop strategies for the city's jails to improve the provision of mental health services for mentally ill inmates already in the criminal justice system, which place particular strain on the system."

**Carolyn Rodriguez, MD, PhD**, was awarded the Harold Amos Medical Faculty Development Award. Formerly the Minority Medical Faculty Development Program, the award will help her to complete her project, "Neural Mechanisms Underlying Fast-Onset OCD Treatment across Molecules, Physiology and Circuits." Dr. Rodriguez was one of 10 finalists selected out of 74 applicants. This award provides part salary support (\$75K) and research support (\$30K) for the next 4 years. "One of the most exciting parts of the program is being a part of the Harold Amos community, which is comprised of diverse leaders within academia, NIH, and pharmaceutical industry. They are all on a mission to increase the number of faculty from historically disadvantaged backgrounds who can achieve senior rank (professor) in academic medicine and who can serve as role models for students and faculty of similar background." <http://www.amfdp.org/about>



**Martha Welch, MD**, a graduate of the class of 1971 at the Columbia University College of Physicians & Surgeons was named a 2014 Alumni Gold Medalist in recognition of her "service to the alumni association and for excellence in clinical and medical research."

## NewGrants

**Neil Krishan Aggarwal, MD** (Clinical Therapeutics) was awarded a grant from the National Institute of Mental Health in the amount of \$730,701. The title of his study is "The Cultural Formulation Interview-Engagement Aid for Mental Health Treatment."

**Alex Carballo-Diéguez, PhD** (Gender, Sexuality, and Health) received a National Institute of Child Health and Human Development grant in the amount of \$3,100,482 for a study on "Use of Rapid HIV Self-Test by High Risk Populations."

**Davangere Devanand, MD, MBBS** (Geriatric Psychiatry), received an R01 from the National Institute on Aging to support his study, "Treatment of Psychosis and Agitation in Alzheimer's Disease." The five-year grant totals \$2,893,758.

**Zoe Donaldson, PhD** (Integrative Neuroscience) received a National Institute of Mental Health grant in the amount of \$263,512 for two years. The title of her study is "Variation in Serotonin 1a Receptor Expression as a Source of Depression Risk."

**Richard Foltin, PhD** (Substance Abuse) and **Yuanjia Wang, PhD** (Biostatistics) received a new R01 from the National Institute on Drug Abuse in the amount of \$2,975,374. The study, "Impulsivity in Cocaine Abusers: Relationship to Drug Taking and Treatment Outcome," is funded for five years.

**Guillermo Horga, MD** (Translational Imaging) received a grant from the National Institute of Mental Health in the amount of \$919,398 for a period of five years. His study is titled "Neural Mechanisms of Sensory Predictions in Schizophrenia with Hallucinations."

**Joanne Mantell, MS, MSPH, PhD** (Gender, Sexuality, and Health) received a USAID grant in the amount of \$1,733,190 to support her study, "Evaluation of the National South African Female Condom Program: Investigating Factors Associated With Uptake and Sustained Use."

Child & Adolescent Psychiatry researchers **Rachel Marsh, PhD**, and **Moirá Rynn, MD**, received a grant from the National Institute of Mental Health in the

amount of \$454,663. The study, "The Functioning of Overlapping Frontostriatal Circuits in Children with OCD" is funded for two years.

**Eleanor Murphy, PhD**, (Epidemiology) received an award from the National Institute on Minority Health and Health Disparities in the amount of \$719,298 over a three-year period. The title of her study is "Influences on the Familiality of Major Depression among African-Americans."

**Nasir Naqvi, MD** (Substance Abuse) received an award from the National Institute on Alcohol Abuse and Alcoholism in the amount of \$930,960 over a five-year period to fund: "The Role of Neural Systems for Emotion Regulation in Coping with Alcohol Craving."

**Milton Wainberg, MD** (Gender, Sexuality and Health) and **Maria Oquendo, MD** (Residency Training) received a grant from Fogarty International Center in the amount of \$1,172,791 for a period of five years for "The PALOP Mental Health Implementation Research Training."

## Study of Long-Acting Injectable Antipsychotics Finds Older Treatment an Effective, Less-Expensive Option for Patients with History of Non-Adherence

A study of long-acting injectable antipsychotics for people with schizophrenia found that the newer, second-generation, medication paliperidone palmitate was no more effective than the older, less expensive haloperidol decanoate. This was so, even though the doses of the older medication given in the study were considerably lower than standard doses of the past. The study was published in the May 21st issue of JAMA.

Scott Stroup, MD, MPH, and colleagues affiliated with the National Institute of Mental

Health-supported Schizophrenia Trials Network compared the two medications in 311 patients diagnosed with schizophrenia or schizoaffective disorder. “The two drugs were very similar to each other, and both were better than expected at preventing relapse,” said Dr. Stroup, a professor of psychiatry at Columbia University and the New York State Psychiatric Institute.

Treatment adherence is a challenge for many patients with schizophrenia, especially with oral medications that must be taken daily. Many experts believe that the use of long-acting

injectable antipsychotics to improve adherence is underused.

“The use of long-acting injectable medications is an important strategy that may lead to fewer relapses and better outcomes,” said Dr. Stroup. “We should think of using long-acting injectables when there is a risk of relapse due to medication non-adherence. But it’s not necessary to start with an expensive, new long-acting medication.”

“This study,” he said, “also demonstrates the importance of independently funded research

*(continued on page 8)*

## NewRoles



### Andrew Gerber, MD, PhD

Dr. Andrew Gerber was appointed Director of the NYSPI MRI Research Program. Dr. Gerber served as interim director during a period of transition in the MRI operation and distinguished himself as a leader, collaborator and agent of change. With direction and support provided by the MRI

Operations Committee (Alayar Kangarlu, Larry Kegeles, Rachel Marsh, Ravi Bansal, and Janelle Greenhill), input from Institute investigators, research staff and colleagues around the Medical School and University, he has made great progress in re-shaping this core research service to reflect its core mission and values—quality science, access, transparency and efficiency.

Dr. Gerber received a BS in physics from Yale University, a MSc. and PhD in Developmental Psychology from University College, London, and an MD from Harvard. He completed his adult psychiatry training at NYP-Cornell and earned a degree in Psychoanalysis from the Columbia Center for Psychoanalytic Training and Research. He went on to an NIMH post-doctoral Research Fellowship at Columbia followed by training in Child and Adolescent Psychiatry in our joint NYPH Columbia-Cornell child and adolescent psychiatric residency program. Dr. Gerber subsequently served as medical director and co-director of our Developmental Neuropsychiatry Program, Co-director of the Division of Parent-Infant Psychotherapy of the Sackler Institute, and Director of Research of the Columbia Psychoanalytic Center. He currently holds the rank of assistant professor of psychiatry at CUMC.

His funded research activities have centered on neurodevelopmental disorders and the use of magnetic resonance imaging (fMRI) to study psychopathology and change in response to psychotherapy, with additional focus on social cognition and autism spectrum disorders. He has published papers and book chapters on randomized controlled trials of psychotherapy, fMRI studies of affect, and the use of fMRI to study psychotherapeutic change. His particular MRI expertise involves the use

of a range of software tools for fMRI image processing and analysis. He has received awards and recognitions too numerous to mention. He is a highly regarded teacher and mentor and is a tireless and selfless contributor to department activities, committees and functions.



### Corinne Rogers, MS, CIP

Corinne Rogers was appointed the Institutional Review Board (IRB) Director of Operations for NYSPI in June 2014. Ms. Rogers has served as a Protocol Manager with the IRB for nearly 12 years, working closely with IRB Chairs and the IRB Administrative Director. Exceedingly knowledgeable

about the federal regulations governing human subjects research, she is a strong advocate for study participants and very supportive of clinical investigators and their research.

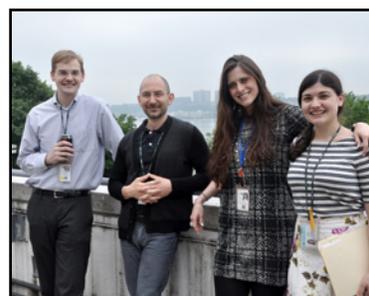
In her new role, Ms. Rogers will oversee all operations related to the function and provision of services from the IRB Office. She will work with the Executive Director and IRB Chairs to identify office processes that encumber expeditious protocol review. Under her skillful stewardship, IRB office operations will be streamlined, and made more transparent and effective. Corinne is also expert in the use of Protocol Review Information and System Management (PRISM). She has been instrumental in training investigators on the use of PRISM through a series of hands-on workshops, and will continue to provide this instruction along with our informatics team.

Prior to arriving to NYSPI in 2002, Corinne was the Assistant Director of Addiction Medicine Research at Montefiore Medical Center and on faculty with the Department of Psychiatry, Albert Einstein College of Medicine. Corinne holds a Master’s of Science Degree in Psychology from the College of Mount Saint Vincent in New York, and is a Certified IRB Professional. She is also an active member of Public Responsibility in Medicine and Research, a prominent national organization dedicated to human research protection training and education.



At the Annual Meeting on June 13, Chair and Director Jeffrey Lieberman, MD, along with Vice Chairs Maria Oquendo (Education), Grant Mitchell (Clinical Services), David Strauss (Research Administration, Ethics and Policy), Avalon Lance (Administration and Finance), and Anke Ehrhardt (Academic Affairs), reviewed the achievements of the past year and the prospects for the coming year at Columbia Psychiatry/NYSPI. The presentations demonstrated the strength of our combined resources across the institute, the department and the hospital, our focus on strategic planning and development, and the breadth of our research, education and clinical programs underlying the extraordinary work of our dedicated and talented faculty and staff.

*Please click [here](#) for a pdf of the **2013-2014 Highlights**.*



## Hopeful Dawn Foundation's 4 Million Dollar Commitment to Support Post-Traumatic Stress Disorder (PTSD) Research at Columbia Psychiatry

Earlier this summer, with an extraordinarily generous \$4 million commitment, the Hopeful Dawn Foundation established the **PTSD and Trauma Research and Treatment Program** at Columbia Psychiatry. The



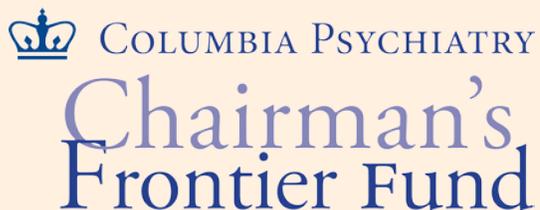
program, under the direction of Dr. Yuval Neria, Professor of Medical Psychology, will focus on collaborative efforts across Columbia University Medical Center aiming to develop applied knowledge about mechanisms and neural targets of post-trauma psychopathology that will aid in objective assessment of psychopathology, and facilitate development of neuroscience-informed, well-targeted, effective treatments.

In addition, the Foundation's sponsorship of an international program focused on PTSD allows for a unique collaboration between Columbia University Medical Center and Tel Aviv University. Based in New York at the Department of Psychiatry's PTSD and Trauma Research and Treatment Program, and in Israel at the PTSD Center at the School of Psychological Sciences, this international, interdisciplinary venture will create state-of-the-art programs for research, education, prevention and treatment of PTSD.

Understanding PTSD, its origins and expressions, and how best to treat those diagnosed with it, are pressing priorities for Columbia's Department of Psychiatry. This program will bring together psychologists, epidemiologists, neuroscientists, and psychiatrists in our efforts to help those who contend with PTSD – in the United States alone, 5.2 million veterans and civilians are effected by post-traumatic stress disorder. As Dr. Jeffrey A. Lieberman, Chairman of the Department of Psychiatry at Columbia, noted: "The effects of emotional trauma on mental function, particularly in the context of military combat, has been understudied for too long and is a critical public health priority. We are grateful for this generous support to Columbia and Tel Aviv Universities to expand our research and services in PTSD."

Dr. Yuval Neria, Director of the Columbia PTSD program, will collaborate closely with his counterpart at Tel Aviv University, Dr. Yair Bar-Haim, with the goal of advancing translational science of trauma and its psychopathology. They will be working not only with colleagues at their institutions, but also with representatives of the military and political communities, ensuring that their research is informed by the most recent real-world developments, and that their results can have the greatest possible impact.

Established in 2013, the Hopeful Dawn Foundation is dedicated to the research, prevention and treatment of war veterans and other young adults who suffer from trauma, PTSD and other related psychiatric disorders.



**The Chairman's Frontier Fund** is the annual fund of Columbia Psychiatry, and provides critical support for our core mission. The name is inspired by the brain itself – one of the last true frontiers of exploration and discovery, and the focus of our vital research at Columbia Psychiatry. The Chairman's Frontier Fund helps support new initiatives, as well as ongoing projects that have a direct impact on the quality of the education, research, and services Columbia Psychiatry can provide.

Columbia Psychiatry is proud to be an international leader in the field of psychiatric medicine, and gifts to the Chairman's Frontier Fund make a significant difference in our work. We are extremely grateful to our dedicated supporters for their generosity.

To learn more about the Chairman's Frontier Fund or to make a gift, please contact Dawn de León, Senior Director of Development, at (212) 304-6670 or [djd2152@columbia.edu](mailto:djd2152@columbia.edu).

**Thank you for your support of Columbia Psychiatry!**

## GRAY MATTERS AT COLUMBIA SPRING BENEFIT LUNCHEON



Andrew Solomon, Glenn Close, Jeffrey Lieberman, Dana Buchman, Rosemarie Lieberman, Jill Goldman, Lee Goldman

On Monday, May 12, National Book Award winning author Andrew Solomon and Oscar nominated actress Glenn Close joined Dr. Jeffrey A. Lieberman at the Plaza Hotel for the Gray Matters at Columbia Annual Spring Benefit Luncheon honoring noted fashion designer and philanthropist Dana Buchman. The more than 400 guests surpassed last year's fundraising goal, raising \$538,000.

Gray Matters at Columbia is a research fund within Columbia University Medical Center's Department of Psychiatry that provides support for outstanding scientists dedicated to searching for the causes and cures of brain disorders. The Spring Benefit Luncheon is the major annual fundraising event by Columbia Psychiatry to support research on brain disorders through the Chairman's initiatives for the department. Since its inception in 2007, it has raised funds to support chosen fellows who benefit from the extensive expertise of a peerless team of talented scientists – including a Nobel laureate – who serve as their teachers and mentors. It is organized and run by a dedicated volunteer committee and is a beacon of hope to all who struggle with brain disorders.

"Research continues to be critical in advancing the development of life-saving treatments for psychiatric disorders," said Dr. Lieberman. "Support from families and committed citizens is more important than ever given the economic pressures and reductions in funding that researchers face."

Ms. Close has spoken openly about her family's experience with mental illness and that insight was the catalyst for Bring Change 2 Mind, which aims to end stigma and discrimination surrounding mental illness. It was difficulty accessing resources for her child that led Ms. Buchman to found the Promise Project, which helps underserved children with learning disabilities get the services they need. Also honored was Giuseppe Bruno, owner of the celebrated Italian restaurant Sistina. Mr. Bruno, who was given a special Advocacy Award, has hosted events to support brain trauma and post traumatic stress disorder research at Columbia Psychiatry.



Jeanine Ramonas, Patricia Ramonas, Jennifer Weis Monsky



Lisa Gentil, Teresa Melhado



Jeffrey Lieberman, Betina Farkas, Leonardo Farkas



The 2013-14 Gray Matters Fellows are Holly Moore, PhD (Schizophrenia); Sidney Hankerson, MD (Depression); Rachel Marsh, PhD (Pediatric Neuroimaging); and Amir Levine, MD (Addiction, Adolescent Brain Development)



Brigitt Rok, Lyn Paulsin



Charlotte Farber, Dana Buchman



Giuseppe Bruno, Marianne Mebane



Glenn Close



Patsy Kahn, Lori Rosenfeld, Diane Finnerty



Patricia Rosenwald, Frederic Adler



Lila Alizadeh, Sarah Long Solomon, Audrey Dinkeloo, Nina Matza, Nancy Feinglass



Claudia McNulty-Jensen, Joe Jensen, Jennifer Buckner



Ginny Millhiser, Charlotte Ford, Jeffrey Lieberman, Monica Sagner, Anne Ford



Kitty de Chazal, Elena Patterson, Elizabeth Hoguet



Monica Sagner, Karen Hsu, Maria Esperanza Hernandez



Michael Tusiani, Giuseppe Bruno



Vanessa Timken-Stelling, Rosemarie Lieberman, Petra Stelling, Annette Swanstrom



Jeffrey Lieberman, Karen Kolster, Dana Buchman, Donna Hanover, Glenn Close, Giuseppe Bruno

**Are you a Columbia Department of Psychiatry alumni? We'd like to hear from you! Let us know how you're doing so we can share the news with your fellow classmates. Please send your news (including year of graduation) to [morrisd@nyspi.columbia.edu](mailto:morrisd@nyspi.columbia.edu).**

## 1990s

**Avrim Fishkind, MD**, (Class of 1995) developed the Mental Health Emergency Center (MHEC) model as a consultant for the Burke Center of Lufkin, Texas. The MHEC model won the American Psychiatric Association Gold Award in 2011 and the National Council for Behavioral HealthCare Innovations Award in 2013. Most recently, the Burke Center and JSA Health Telepsychiatry, of which Dr. Fishkind is CEO, were awarded the 2014 Innovation in Remote Health Care Award by the American Telemedicine Association.

**Robert E. Feinstein, MD**, (Class of 1990) is Professor of Psychiatry at the University of Colorado, School of Medicine. Formerly, he served as Senior Associate Dean for Education (2007-2011). His most recent publications have focused on psychotherapy training as well as violence prevention in outpatient settings. For the past four years he has been named the President's Teaching Scholar, the University of Colorado's highest educational award.

## 1970s

**Chuck Blackinton, MD**, (Class of 1976) is a general psychiatrist with a subspecialty in geriatric psychiatry. He writes that he has moved his practice back to Bergen County, NJ from Cape May County to be closer to his children. He attended this year's APA, which he "thoroughly enjoyed."

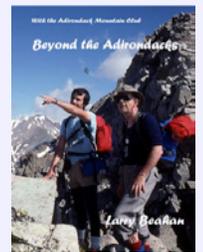
## 1960s

In 2013, **W. Douglas Skelton, MD**, (class of 1967) received the Georgia Psychiatric Physicians Association Distinguished Service Award for decades of work to improve mental health services in Georgia. In 2014, the Mercer University Board of Trustees honored him and his wife with the naming of its medical library. "I am near the last chapter of a wonderful career greatly influenced by training at Columbia from '64 to '67."

**Myra Schatzberg Hatterer, MD**, (Class of 1963) is now in part-time private practice on the Upper East Side. Her free time consists of travelling and spending time with her family, including her eldest granddaughter, who just graduated with honors from the Boston University School of Communication.

## 1950s

**Laurence T. Beahan, MD**, (Class of 1959) completed a book of adventure outings called *Beyond the Adirondacks*. Take a look here: <http://amzn.to/1A1QT3I>



## Clinical Services Update: Building Towards the Future (continued from cover)

ambulatory services for adults and children. An expansion of the emergency department has helped meet the demand for psychiatric services for children in crisis. "As hospitals focus on reducing length of stay and unnecessary re-admissions, integrated consultation-liaison services have become increasingly important," said Dr. Mitchell. In the last year, there were nearly 13,000 such visits.

The WHCS, a multidisciplinary service with outpatient clinics in Washington Heights and Inwood, is the home-base for the OnTrack NY Clinic. OnTrack provides individualized, recovery-oriented early intervention care for patients experiencing their first episode of schizophrenia. The program is now in its second year. Patients who get their care at WHCS will soon have improved access to general

healthcare when a primary care physician joins the mental health team this Fall. "A significant portion of individuals with serious mental illness have medical problems and they are less likely to get those medical issues addressed, in part because of their illness and in part because of our fragmented healthcare system," said Dr. Mitchell. He added, "We're going to focus on prevention, not just treatment, but helping people with diet, exercise, smoking cessation – preventative activities that can actually improve their health."

The Day Treatment Program, Columbia Psychiatry's longstanding outpatient program providing innovative and integrated treatment for adults, college students and adolescents continues to grow since its move last year to ColumbiaDoctor's new midtown location

at 51 West 51st Street. In addition to the Day Treatment programs and the Columbia University Center for Anxiety and Related Disorders (CUCARD) programs, Dr. Mitchell is expanding the clinical services in midtown to include new programs for both children and adults.

We will see a further expansion of our clinical services over the next 36 months as the department begins to roll out Columbia Psychiatry outpatient services in Fort Lee, NJ, Westchester County, and Midtown Manhattan. Services in these sites will complement the growth in ColumbiaDoctors services. The first site should open in midtown in 2015. Said Dr. Mitchell, "the integration of mind and body, of psychiatry and other medical specialties – that's really the future and we want to be there."

## Study of Long-Acting Injectable Antipsychotics Finds Older Treatment an Effective, Less-Expensive Option for Patients with History of Non-Adherence (continued from page 4)

to provide unbiased comparisons of new and established medications. Comparative effectiveness research studies such as this one help determine the appropriate role for new treatments."

Though few study participants in either group stopped treatment because of side effects, the drugs tended to have different side effects. Patients who were assigned the newer antipsychotic reported more weight gain,

while those assigned the older antipsychotic had more neurologic side effects, particularly restlessness. All patients, therefore, should be carefully monitored throughout treatment, said Dr. Stroup.

*The study was funded by National Institute of Mental Health grants R01MH081107 and R01MH081234.*

## Congratulations to our 2014 Adult Residency Program Graduates!



### Marra G. Ackerman, MD

Dr. Ackerman, who grew up in Vero Beach, Florida, is a fellow in Consult-Liaison Psychiatry at Columbia and is researching the psychological impact of genetic testing for breast cancer. She earned her BS from Emory University then pursued her MD at NYU School of Medicine where she conducted a project in Cochin, India evaluating barriers to care among women with advanced breast cancer. During her residency at Columbia, she developed her interests in teaching, including co-leading a new PGY3 psychopharmacology curriculum and two workshops on physician mental health, which she presented at APA meetings. She was honored with the Gold Humanism Award, the AADPRT Ginsberg Fellowship, and the Barbara Liskin Award.

### Mohsin S. Ahmed, MD, PhD

Dr. Ahmed is a native of Rochester, NY where he grew up in a family of scientists. He is pursuing a Schizophrenia Research Fellowship at Columbia. At Cornell University he majored in neurobiology and chemistry. He spent a year studying neuroscience at Cambridge University, and graduated Phi Beta Kappa, Magna Cum Laude, and with "Academic Distinction in All Subjects." Dr. Ahmed then matriculated to the MD/PhD program at Columbia University and graduated Alpha Omega Alpha and was awarded his PhD in Neurobiology and Behavior with Distinction. As a psychiatry resident, he was awarded a Leon Levy Neuroscience Fellowship and received the NIMH Outstanding Resident Award as well as the American Psychiatric Foundation/Genentech Schizophrenia Research Fellowship Award.

### Rachel A. Caravella, MD

Dr. Caravella has elected to remain at Columbia for a fellowship in Psychosomatic Medicine. Born and raised in Huntington, NY, she dreamed of being a detective like Carmen Sandiego. Instead, she attended the University of Pennsylvania where she graduated magna cum laude, earning a BA in both psychology and the biological basis of behavior. After college, she moved to Washington, D.C. for an intramural training award to research the neural substrates of social cognition in autism at the National Institute of Mental Health. Realizing she was more curious about the minds and lives of her research participants rather than their neural networks, she set her sights on psychiatry and earned her MD at Georgetown University School of Medicine. Dr. Caravella plans to pursue a career in academic Consultation - Liaison psychiatry.

### Enrico G. Castillo, MD

Dr. Castillo is a public psychiatry fellow here at Columbia with a clinical placement at Janian Medical Care (formerly Project for Psychiatric Outreach for the Homeless). Born and raised in Richlands, Virginia, he received his BA with High Distinction in English at the University of Virginia and his MD with a Concentration in Underserved Populations at the University of Pittsburgh. He is passionate about public psychiatry, mental health services research, and cultural psychiatry. During residency, he was an American Psychiatric Association/SAMHSA Minority Fellow, for which he created an online series of filmed interviews focused on Asian American mental health ([www.youtube.com/user/AsianAmericanMH](http://www.youtube.com/user/AsianAmericanMH)). His career goals include clinical care and research focused on developing, evaluating, and working in collaborative outreach-based care for the most severely ill.

### Gary Sean Escola, MD, PhD

Dr. Escola was raised in California, Japan, and Connecticut before settling in New York City. He completed undergrad at Columbia, graduating with a BA in Biochemistry, and never left. He received his MS in Computer Science and an MD/PhD all at Columbia, where he continues his research in the laboratory of Dr. Lawrence Abbott, developing models to study how neural circuits in the brain can generate sequences of behaviors. This line of research may provide insights into the mechanisms by which normal sequencing fails in, for example, Parkinson's disease and obsessive-compulsive disorder. Ultimately, Dr. Escola's goal is to start his own theoretical neuroscience lab.

### Yael Holoshitz, MD

Dr. Holoshitz grew up in Ann Arbor, Michigan, but is a New Yorker at heart, and moved here in 2005 to attend medical school at Mount Sinai School of Medicine. During her time at Columbia, she developed her interests in clinical psychiatry, both in acute psychiatric settings and in psychotherapy. She is thrilled to be staying at Columbia as a Public Psychiatry Fellow, and to be working at the Connections to Care/OnTrack clinic at NYSPI.

### Elizabeth A. Horstmann, MD

Dr. Horstmann moved to UCLA where she is now a child and adolescent psychiatry fellow. She graduated from Columbia with a BA in psychology and an interest in illness narratives, but no idea that she would one day go to medical school. During a fellowship in the Department of Clinical Bioethics at the NIH after college, she started to wonder about a career in medicine. This led to a post-bac program at Bryn Mawr College and then a gap year job at the AIDS Institute of the New York State Department of Health followed by medical school at Harvard.

*(continued on page 10)*

## Congratulations to our 2014 Adult Residency Program Graduates!

*(continued from page 9)*

During residency, she received a fellowship from the APA, which allowed her to do clinical work in a mental health clinic for the deaf and hard of hearing and a clinic for children with HIV.

### Ryan E. Lawrence, MD

Dr. Lawrence remains at Columbia where he has joined the clinical faculty on 9 Garden North. He earned his undergraduate degree in chemistry at Gordon College in Wenham, MA, and a Master of Divinity at Gordon-Conwell Theological Seminary in South Hamilton, MA. He then moved to Chicago for medical school at the University of Chicago. While at Columbia he was involved with several research and writing projects with a number of prominent faculty, including Drs. Jeffrey Lieberman, Maria Oquendo, Barbara Stanley, Lisa Dixon and Paul Appelbaum. He was a fellow with the American Psychoanalytic Association (2012-2013), and an OMH Policy Scholar (2013-2014).

### Sean X. Luo, MD, PhD

Dr. Luo was born in Shanghai, China, and arrived in West Lafayette, Indiana on Christmas Eve of 1995. He attended University of Chicago and received a degree in physics. He then enrolled in the Medical Scientist Training Program at Columbia and graduated with an MD/PhD in 2010 in computational neuroscience and machine learning. He is also actively engaged in the New York City technology and start-up community to accelerate implementation of research results to the bedside. After graduation, he joined the Substance Abuse Division at Columbia as

a Clinical and Research Fellow and started a private practice focusing on psychiatric care and technical consultations, especially relating to personalized medicine products and treatment of substance and behavioral addictions.

### Mayumi Okuda-Benavides, MD

Dr. Okuda-Benavides is originally from Colombia. Early on at the Pontificia Universidad Javeriana in Bogota, she knew she wanted a career in psychiatry with a strong academic background. She moved to New York in 2007 and worked at the New York State Psychiatric Institute where she had the opportunity to coordinate personnel and oversee the overall functioning of three NIH-funded projects. After joining Columbia for residency training, her research focused on the epidemiology of addictions and violence, having published more than 15 peer-reviewed articles on this area. During the last year of residency, she got involved in a partnership between Columbia University's Department of Psychiatry and the Bronx Family Justice Center with the dual purposes of serving the mental health needs of victims of domestic violence and, through research, contributing to scientific knowledge that will allow for improved prevention of intimate and familial violence.

### Larry U. Ozowara, MD

Dr. Ozowara was born in Louisiana and grew up in Southern California. He attended Stanford University, where he earned a BA and MA in psychology, did research in neuro-economics,

and participated on the Division I varsity wrestling team. Dr. Ozowara attended Stanford University for medical school, pursuing a scholarly concentration in biomedical ethics, before coming to Columbia University for residency. He joined NYU Langone's clinical faculty as an attending psychiatrist at Tisch Hospital. He has also started a private practice.

### Sarah L. Richards Kim, MD

Dr. Richards Kim, a native of Maine, is continuing her training in child and adolescent psychiatry at New York Presbyterian Hospital, in the public child psychiatry track. She is also continuing research in prenatal interventions with Dr. Catherine Monk and has started a private practice. She intends to pursue a clinical career in Women's Mental Health, with a focus on early attachment.

While attending Colby College, she first became interested in children's mental health. Her first "real job" teaching at a residential school for children with autism in Massachusetts inspired her to pursue a career in child psychiatry. While at Columbia College of Physicians and Surgeons, Dr. Richards Kim was introduced to perinatal psychiatry and published a review article on treatment of postpartum depression with the Columbia Women's Program. During her residency, she received the APA Child and Adolescent Fellowship and co-authored a paper on the positive effects on children of treating mental illness in parents.

## "A Vision for LGBT Health" Event Highlights LGBT Health Initiative

In a significant affirmation of the importance of the health of lesbian, gay, bisexual, and transgender (LGBT) people at CUMC and beyond, the Office of the Dean of the College of Physicians and Surgeons (P&S) at Columbia University sponsored a major presentation and panel discussion on "A Vision for LGBT Health." The event was held April 3, 2014 and opened with remarks by P&S Dean Dr. Lee Goldman and Vice Dean for Academic Affairs Dr. Anne Taylor.



"We are at a unique moment in history with regard to LGBT rights and health," stated keynote speaker Dr. Walter Bockting, Co-Director of the LGBT Health Initiative

at CUMC, noting rapid advances in social attitudes, positive legal decisions concerning same-sex marriage equality, and constructive actions taken by government agencies, academic institutions, and health-care providers. "At the same time, serious health disparities and inequities persist in terms of the quality of and access to the health care system for LGBT people."

Dr. Bockting laid out the steps taken by the LGBT Health Initiative since its founding in 2012 within the Division of Gender, Sexuality, and Health at Columbia Psychiatry, in association with the Columbia University School of Nursing. Among these has been a systematic needs assessment among providers in Psychiatry and elsewhere at CUMC, development of LGBT-focused educational programs for residents

and students, the funding of new research studies on LGBT families and on transgender identity development, and the expansion of clinical care for patients who are LGBT.

Echoing these sentiments was Dr. Anke A. Ehrhardt, the Initiative's Director and the Director of the Division of Gender, Sexuality, and Health.



In her role as chair of the panel, Dr. Ehrhardt noted the sharp contrast between the launch of the LGBT Health Initiative and that of the HIV Center for Clinical and Behavioral Studies, which she founded in 1987 and continues at NYSPI to the current day. "I've been overwhelmed by the positive reception we

*(continued on page 12)*

## Participating in a Research Study - The View from Both Sides

*Participants in research studies help others by contributing to medical research. They can play an active role in their own health care, gain access to new research treatments and, at Columbia Psychiatry and New York State Psychiatric Institute, receive the highest quality care provided at no-cost.*

**Call 212-305-6001 to find out more about research and see if participating in a research study is the right choice for you.**

*In the story below, we hear from a research participant and from one of the doctors in a research study that is investigating a new treatment for bipolar disorder using ketamine.*

### A Participant's Perspective

Carrie (not her real name) is a bright and articulate 33 year-old upstate New Yorker who knows a good slice of pizza when she tastes it. She looks younger than her age, despite having abused alcohol and various drugs for many years. In fact, she looks fresh-faced and healthy. Most people would probably be surprised to learn that Carrie has bipolar disorder, which was diagnosed when she was 22 years old “after a retrospective look at my behaviors and moods over the years,” she said. Leading up to that, she’d experienced anxiety beginning at age 9. Then, at age 12 came the first bouts of depression that brought with it an “obsession with suicides and death.” At that point in her life, Carrie, who was in the 7th grade, began to cut herself. This behavior continued on and off for the next 20 years. Her parents suspected nothing and they had no evidence to suggest their daughter was struggling emotionally. There was no hint of her underlying pain, in part because Carrie continued to excel in school.

Immediately after her high school graduation Carrie moved to North Carolina where she experienced her first manic and hypomanic episodes, which included risky and potentially dangerous behavior, a marriage and divorce in under five months when she was 19. Her parents didn’t learn about her diminishing mental health until thoughts of suicide and “obsessive thoughts of people dying” drove her to check into an emergency room. Her symptoms precipitated an involuntary admission to the state psychiatric hospital.

She hit a low point five years ago when she checked herself into a hospital because of



suicidal thoughts. What she thought would be a week-long recovery period turned into a five-year leave of absence from her successful professional career. In April of this year -- nearly 20 years since her first depression, a trail of failed treatments behind her, a loss of \$20,000 in medical expenses and unrelenting depression - Carrie found an article on ketamine, which led her to a listing of Dr. Joshua Kantrowitz’s research study on [clinicaltrials.gov](http://clinicaltrials.gov). His was the only study on ketamine that provided an FDA-approved treatment during the study. Carrie’s decision to enroll in a research study was a last ditch effort to get better. While not yet completely well, she’s glad she gave research a try: “I went into the trial with little hope because I did not want to be disappointed if it didn’t help, especially knowing that all my previous treatment attempts had failed. Needless to say, I was happily surprised to show any improvement.” She added, “I have made the biggest leap thus far which is the reemergence of hope. Something has proved capable of improving my many years long battle with debilitating bipolar depression.”

### A Researcher's Perspective

In the language of social media practitioners, the drug ketamine seems to be trending now in research institutes around the country. It’s being studied as a potential treatment for various psychiatric disorders, including depression and two years ago we reported on the progress of a number of NYSPI researchers seeking to learn more about its potential. Dr. Joshua Kantrowitz is now leading a pilot study investigating whether or not ketamine is effective in treating depression in people diagnosed with bipolar disorder, a type of depression that is notoriously difficult to treat. Once patients are screened and their diagnosis confirmed, they are treated with FDA-approved treatment for three weeks. “After that we re-rate them. If their depression hasn’t gotten better – if there’s no substantial change

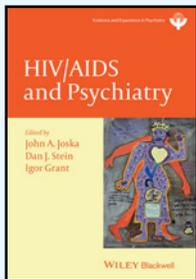
– we give them a dose of ketamine,” said Dr. Kantrowitz. Patients are given a small dose of the drug, followed by D-cycloserine (DCS), an oral antibiotic with demonstrated antidepressant effects. Dr. Kantrowitz is interested in whether DCS will sustain the improvement in symptoms from ketamine.

Patients also get an MRI during the ketamine infusion so researchers are able to see changes in glutamate levels. Unlike many medications on the market, ketamine works through the glutamate neurotransmitter system in the brain. By causing a surge in glutamate levels, ketamine makes people with depression feel better. The improvement is rapid – in prior studies most patients reported feeling better after a few hours

- but transient, lasting only about 7-10 days. “Within four hours, people who are going to improve generally show some improvement,” said Dr. Kantrowitz of findings in the study so far. He added, “The improvement tends to peak one to three days afterwards...People tend to show at least a 20% improvement from their pre-ketamine depression level. Unfortunately, the effects don’t last more than a week, and my hope is that DCS will prolong the period of improvement.”

Following this pilot study, Dr. Kantrowitz hopes to do a large-scale trial to demonstrate ketamine and DCS’ combined effectiveness in large groups of people.

*To learn more about this study, call 646-774-8726 or -6738.*



## HIV/AIDS and Psychiatry

**Editors:** John Joska, Dan Stein, Igor Grant

**Publisher:** Wiley-Blackwell

**April 2014**

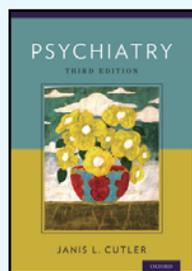
***HIV Center Investigators Contribute to Book from the World Psychiatric Association***

HIV Center investigators Drs. Robert Remien, Francine Cournos, Milton Wainberg, Karen McKinnon, and Reuben Robbins are contributors to the important new resource book “HIV/AIDS and Psychiatry” published in conjunction with the World Psychiatric Association. The investigators co-authored chapters on “Epidemiology of Psychopathology in HIV,” “Intervention in HIV and Psychiatry: Behavioral and Psychotherapeutic Approaches,” and “Special Populations and Public Health Aspects.”

This book provides clinicians with a comprehensive evidenced-based and practical approach to the management of patients with HIV infection and co-morbid mental disorders. It provides up-to-date and clear overviews of current clinical issues, as well as the relevant basic science. Information and data from studies of different HIV groups (eg men who have sex with men) make the text relevant to a broad spectrum of clinicians, including those working with low socioeconomic status groups in high income countries and those working in the developing world.

The book uses the popular format of the World Psychiatric Association’s Evidence and Experience series. Review chapters summarize the evidence on the epidemiology, pathogenesis and clinical aspects of mental disorders in HIV, and interventions (both psychotherapy and psychopharmacology including drug-drug interactions). These are complemented by commentaries addressing particular facets of each topic and providing insight gained from clinical experience.

Psychiatrists, psychologists and all mental health staff working with HIV-infected patients will find this book of great benefit. For more information, visit: <http://www.wiley.com/WileyCDA/WileyTitle/productCd-1118339541.html>



## Psychiatry, Third Edition

**Editor:** Janis Cutler, MD

**Publisher:** Oxford University Press

**June 2014**

Fully updated for DSM-5 and designed specifically for medical students, as well as other trainees in the health professions, Psychiatry Third Edition is a dynamic introductory textbook in psychiatry. Ideally suited for first and second year medical students during their psychopathology course and third year medical students during their psychiatry clerkship, the material is presented in a clear, concise, and practical manner perfect for exam preparation. The authors provide a thorough yet concise introduction to

clinical psychiatry, focusing on basic clinical skills like recognition and assessment of psychiatric illness. Clinically relevant information is emphasized, including practical interviewing techniques.

Psychiatry Third Edition also uses case studies, DSM-5 guidelines, and extensive tables offset from the text to act as a comprehensive yet concise guide for the busy medical student studying for exams. In response to DSM-5, the third edition has been reorganized and fully updated to include the new disorders and classification of psychiatric illness.

## “A Vision for LGBT Health” Event Highlights LGBT Health Initiative (continued from page 10)

have received with regard to LGBT health. In 1987, we had to convince people about the significance of the AIDS epidemic. Today, our colleagues understand the need to address LGBT health and have invited us to join them as partners in their work.”

Several of these partners were members of the panel discussion that followed, sharing perspectives from their own disciplinary and institutional perspectives. Columbia University School of Nursing Dean Dr. Bobbie Berkowitz provided insights from her experience on an Institute of Medicine panel on LGBT health, on

which Dr. Bockting also served. Dr. Jonathan Amiel, Associate Dean for Curricular Affairs at P&S, surveyed educational and clinical efforts at CUMC, noting both recent progress and considerable persisting needs. Dr. Jack Pula, a Columbia-affiliated psychiatrist, spoke of the unique health challenges facing transgender people, himself included. Offering an outside perspective, Dr. Ken Mayer presented a state-of-the-art overview of the LGBT Health field from his vantage as Director of the Harvard-affiliated Fenway Health, a provider to the LGBT community in Boston.



*Panelists (left to right) Dr. Jonathan Amiel, Dr. Jack Pula, Dr. Bobbie Berkowitz*