

InPsych

Summer, 2010



Columbia Psychiatry: The 2010 Annual Meeting & First Annual In-House Retreat



In This Issue

- 2..... Message from the
Chairman & Director
Jeffrey A. Lieberman, MD
- 3..... Awards & Recognitions
- 4..... Research News
- 5..... New Appointments
- 6 Special Events
- 8..... Grant News
- 9..... Alumni News
- 10... Education News
- 11... Clinical Services &
Research Studies
- 12... Department Reading List

InPsych Editorial Office:

Emily Carey

David Hellerstein

Dacia Morris

Eve Vagg

Rachel Yarmolinsky

Questions or comments to

yarmoli@pi.cpmc.columbia.edu

Columbia University
Department of Psychiatry

New York State
Psychiatric Institute

With a day-long in-house retreat that included a poster session and afternoon strategic planning sessions, the Department of Psychiatry's Annual Meeting on June 25th may well have been the most ambitious annual meeting yet. Marking the fifth anniversary of Dr. Jeffrey Lieberman's tenure as Columbia Psychiatry Chairman and New York State Psychiatric Institute Director, the event was designed to enhance collaboration and communication in the department, and generate ideas to build an even stronger department going forward.

But first, and as is the tradition with each annual meeting since his arrival, the program started off on a light note. In a nod to the love-hate relationship with the security portals installed last year in the Kolb Annex, a video showed Dr. Lieberman attempting to enter and being trapped in a portal while Chief Safety Officer Leigh Gholson

looked on. Through the magic of technology, Dr. Lieberman was beamed down to the auditorium's stage just in time for the meeting.

The hour-long presentation reviewed changes and accomplishments over the previous five and a half years. A marked transformation of the department took place during that time. A departmental review resulted in increased emphasis on education and training; a reorganization of the research divisions; improved integration of research, clinical services, and education across Columbia Psychiatry and Psychiatric Institute; and enhanced relationship with the New York State Office of Mental Health.

The presentation also identified challenges ahead. Those challenges would be tackled successfully through carefully charting out strategies for consideration in the coming years. To this end, faculty and staff were invited to share their

(continued on page 2)

Clinical Initiatives: The Women's Program in Psychiatry

What began as a desire to learn more about diagnosing and treating perinatal and post-partum depression by residents in the adult psychiatry program three years ago has grown into a full-fledged comprehensive program to address the mental health needs of women across the reproductive life cycle. Thanks to additional support from Columbia Psychiatry administration, the Women's Program in Psychiatry is experiencing a major expansion with enhanced psychiatric services for pregnant and postpartum women as well as women experiencing stress related to the menstrual cycle, infertility, pregnancy loss, parenting and menopause.



Dr. Betsy Fitelson, Director

(continued on page 9)



Message from the Chairman & Director Jeffrey A. Lieberman, MD

Planning the Next Decade for Columbia Psychiatry: A Day to Remember

On June 25th 2010, Columbia Psychiatry held its Annual

Meeting and a day-long retreat focusing on the next decade. The day included my State of the Department Report; a poster session of the research, educational programs and the clinical services of the department, and group discussions on selected topics. Recalling this busy day some scenes vividly come to mind including a bustling lobby filled with 100 posters showing every aspect of our vast enterprise, staff and faculty from every level and every division explaining, discussing, and discovering the myriad activities of Columbia Psychiatry. Animated discussions in the breakout sessions, intense brainstorming where serious and innovative ideas were brought to light, ideas which will kick-off a strategic planning initiative to inform our development over the next five years and beyond. The day was punctuated by meetings with the surveyors from the Joint Commission survey, reminding me of the all the extraordinary work done in the last year to prepare for the survey and to make sure that this institution is the best and safest place for our patients.

I am enormously proud of the work we do here and the people who do it. Our honors and achievements surpass every other department of psychiatry. We are first in the number and amount of federal awards. Once again we ranked 4th best in psychiatry in the nation on the US News and World Report Honor Roll of medical centers and hospitals. As I was pleased to report at the end of the annual meeting, we passed our Joint Commission accreditation survey with the citation "outstanding!"

How do we maintain this level of achievement? How do we grow, how do we move ahead through a labyrinth of challenges, through uncertain economic times, the unknown effects of health care

reform, the retreat of the pharmaceutical industry from developing drugs for mental illness? How can we be more efficient, make the best use of our resources, and forge new synergies? The field of psychiatry has come a long way – those with a mental illness are better off now than at any other time in human history. But there is a long way to go. Across the psychiatric spectrum, in pathophysiology, etiology, diagnosis, treatment and delivery systems, there are complex questions to be answered and urgent needs to be met.

Columbia Psychiatry is uniquely positioned to respond to these challenges and meet these needs. The first reports from the Annual Meeting strategic planning sessions indicate areas of concentration, noting our strengths and weaknesses vis a vis current and anticipated trends in the field. Broader themes also emerged from the strategic planning sessions on that day. These focused on communication, collaboration, transparency, sharing, connecting, cross-fertilization, synergy. A real desire to cut across boundaries, for clinicians and researchers to communicate and work together in innovative ways, for effective communication strategies to connect the dots, allow people to find each other, and the resources and information they need. My promise is to take these preliminary reports, analyze them, develop a strategic plan and find ways to come up with the resources to implement it.

The whole is more than the sum of its parts. The 2010 annual meeting and in-house retreat was a remarkable demonstration of our creativity and commitment. I thank everyone at Columbia Psychiatry: staff, faculty, trainees, volunteers, patients, research participants, donors and friends for their contributions towards making Columbia Psychiatry the extraordinary institution it is today and the even more extraordinary place it will become in the next decade.

[Back to Main Page](#)

2010 Annual Meeting and In-House Retreat

(continued from cover)



ideas in mini-retreats developed to identify opportunities for growth and generate plans for achieving meaningful progress in eleven key areas: clinical research, translational research, basic research, research infrastructure and support, clinical services for children, clinical services for adults, education, faculty career development, staff career development, workplace environment improvement, and new technologies/communications. Following the strategic planning sessions, leaders were invited to share feedback from their respective groups with colleagues. Going forward, the administration will review and integrate some of the ideas generated by the strategic planning sessions into policy that will aid in the department's continued evolution as a training, research and clinical leader in psychiatry.

Dr. Lieberman's presentation and the strategic planning sessions were bookends to the poster sessions in the Kolb Annex. A lively crowd of researchers and support staff joined their colleagues in a spirited discussion of ongoing research and support initiatives. Not since the days of the Arden House Retreat – an off-site event last held approximately six years ago - had such fervent interest in community-building been stimulated within the department.



(continued on page 3)



Victoria Arango, PhD (Molecular Imaging and Neuropathology) received the research award from the American Foundation of Suicide Prevention (AFSP), for her work on the neurobiology of suicide. Dr. Arango was presented her award at the AFSP's Lifesavers Dinner and Annual Gala at Lincoln Center on May 13, 2010.

Chi-Ming Chen, PhD, is the recipient of the 2010 Dr. Joseph E. & Lillian Pisetsky Award for clinical research in serious mental illness. Dr. Chen's project is titled: "Investigation and treatment of auditory/verbal hallucinations in schizophrenia: a combined TMS-EEG approach." The goals of the project are to test the hypothesis that auditory hallucinations are caused by abnormal connectivity between regions of the brain involved in normal language processing, and to investigate the preliminary efficacy of targeted transcranial magnetic stimulation (TMS) as a new treatment approach for refractory auditory hallucinations.



Matthew Erlich, MD, PGY-II, is one of the 2010 recipients of the NIMH's Outstanding Resident Award.



Kelli Harding, MD, and **John Barsa, MD** (both from Medical Student Education) are recipients of the APA's Nancy C. A. Roeske, M.D. Certificate of Excellence in Recognition of Outstanding and Sustained Contributions to Medical Education. The awards were presented at the 2010 APA Annual Meeting.

Kathleen Friel, PhD (Neurobiology and Behavior) is a Professional Schools Diversity Research fellow.



Heino F. L. Meyer-Bahlburg, Dr. rer. nat. (HIV Center and Child Psychiatry), received in June the Wilhelm-von-Humboldt Foundation Award 2010 in Berlin, Germany, in

recognition of his research on gender and sexuality.

Peter Shapiro, MD, of Consultation-Liaison Psychiatry Service, (shown here with colleague Dr. Silvia Hafliger) was honored at this year's New York Regional Organization of the Academy of Psychosomatic Medicine Awards Dinner on June 7 in the Donald Tapley Faculty Club.



Richard Sloan, MD, (Behavioral Medicine) received a Doctor of Humane Letters honorary degree from the CUNY



(Photo credit: Don Pollard, CUNY Graduate Center)

Graduate Center at its commencement ceremony on June 2.

Dr. Nehal P. Vadhan, PhD has received an Irving Scholars Award. Beginning July 1, 2010, the award provides \$60,000 annually in unrestricted funds for Dr. Vadan's research career. His title will be "Herbert Irving Assistant Professor of Clinical Psychology" for the 3 years.



2010 Annual Meeting and In-House Retreat (continued)

We look forward to the full reports from the sessions to be presented at an upcoming Grand Rounds; and to the continued involvement of all in the department to planning the future at Columbia Psychiatry!



New York Magazine's Best Doctors 2010



Diagnosis, DSM
Michael First, MD
(Clinical Phenomenology)

Child & Adolescent Psychiatry
Hector Bird, MD
Jonathan Slater, MD

Eating Disorders
Evelyn Attia, MD (Clinical Therapeutics)

Lyme Disease
Brian Fallon, MD (Clinical Therapeutics)

Panic
Abby Fyer, MD (Clinical Therapeutics)

Psychopharmacology
Charles Kaufmann, MD

Alice Medalia, PhD (Mental Health Services Research & Policy, CU Psychiatric Rehabilitation Services) was among a select group of experts featured in the magazine's special series of essays, "My Toughest Case." Dr. Medalia shared her experience as a young therapist treating a contract killer.

Commissioner Convenes Policy Forum at NYSPH: Housing Crisis & Mental Illness



On June 28th the Division of Mental Health Services & Policy Research and its Center for Practice Innovations (CPI) hosted a Symposium on Housing Issues Facing Persons with Severe Mental Illness. Organized on behalf of New York State Office of Mental Health Commissioner Michael F. Hogan, the meeting brought together local, state, and national policy officials, as well as experts on community housing, development, and homelessness. The goal of the meeting was to develop strategies to address the growing problem of insufficient affordable housing for people with psychiatric disabilities.

The current economic climate has greatly affected housing opportunities across the country and throughout New York State, thus necessitating policy discussions regarding the need for innovative approaches to improve housing accessibility. Because of its extremely high rents and large population, downstate New York is the epicenter of the nation's housing crisis. The problem has recently worsened because of lost private affordable housing units and the economic downturn. Further, people with severe mental illness are often at a disadvantage when competing with other groups for subsidized housing due to stigma and poor understanding of available support services.

Although new funds are desirable these were recognized as highly unlikely during the current fiscal crisis. Suggestions included collaboration with other agencies that incur high costs because of homelessness and which could achieve savings with improved housing stability. Targeting high users of medical services who are homeless or at risk of homelessness is also likely to be cost effective. Other long-term solutions may require simplifying financing processes and other policy changes.

Several times each year, the CPI assembles experts in a given policy or treatment area to aid the New York State Office of Mental Health in developing its policies. Scott Stroup, MD, MPH, leads the CPI policy forum group.

Masivukeni, a Multimedia Intervention to Promote Adherence in South Africa

Although antiretroviral treatment (ART) is becoming more widely accessible in South Africa and other parts of the developing world, more than a decade of intensive research in the developed world has demonstrated that the availability of ART alone is not enough. Patients must also carefully adhere to often complex medication regimens or risk declines in their own health and the development of drug-resistant strains of HIV, which they can transmit to others. Yet with health systems already overtaxed, medical personnel in South Africa rarely have the time to provide intensive counseling about the importance of adherence or to help patients overcome specific barriers to adherence.

To help ensure that the roll-out and scale-up of ART programs in South Africa have optimal effect, HIV Center investigator Robert Remien, PhD, is leading a multimedia intervention study called Masivukeni to improve and sustain optimal adherence in clinics in Cape Town. The multimedia dimensions of Masivukeni were developed in collaboration with the Columbia Center for New Media Teaching and Learning (CCNMTL), the University-based organization dedicated to enhancing teaching and learning through the purposeful use of new media and digital technologies.

"Through the use of technology, we can develop user-friendly and visually engaging tools to strengthen and enhance the delivery of adherence counseling by lay counselors," noted Dr. Remien. "Through our partnerships with communities and in-country colleagues, we are also able to tailor graphics and language to particular settings and populations."

Masivukeni draws upon Dr. Remien's earlier SMART Couples intervention, which showed significant efficacy and demonstrated that a social support intervention (patient + support partner) resulted in higher levels of adherence to ART compared to standard of care. In New York, SMART Couples was led by nurse practitioners, however in resource-constrained settings in the developing world, there are often far too few personnel with medical training relative to large patient populations. For this reason, Masivukeni employs computer-assisted multimedia technology to provide an interactive intervention that can be delivered by lay counselors who do not have extensive training.

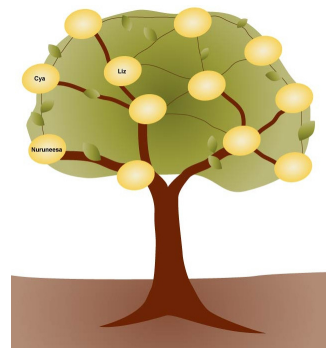
Masivukeni, which loosely translates to "let's wake up" in the Xhosa language, assists HIV-positive adults to adhere to their antiretroviral drug regimens through a combination of education and support. The program uses enhanced text, imagery, animations, audio, and video to teach the basics of how HIV and antiretrovirals affect health, enhance motivation, and to build problem solving and social support skills that patients can use to overcome barriers to treatment adherence.

Research partners and community stakeholders from Cape Town provided guidance on Masivukeni's design, language, and skill-building activities to ensure that the program incorporated culturally relevant themes and practices. A central component of Masivukeni is the Island Activity, an interactive tool that depicts the improvement or decline of a patient's health using an animation of a person on an island surrounded by rising or lowering water. Another image involves creating a tree with branches identifying sources of social support (pictured above). These images, and many others, were tailored in collaboration with the local populations in South Africa in order to make them culturally and linguistically appropriate.

In developing Masivukeni, Dr. Remien collaborated with HIV Center investigator Claude Ann Mellins, PhD, Elaine Abrams, MD, of the Columbia Mailman School of Public Health, and with colleagues at the Columbia University School of Social Work (CUSSW) including Susan Witte, PhD and Nabila El-Bassel, PhD, while at CCNMTL, efforts were led by Frank Moretti, PhD, Ryan Kelsey, EdD, and Jessica Rowe, MDes.

[Click here](#) to view a demonstration of Masivukeni on YouTube.

(Article provided Ray Smith, HIV Center for Clinical and Behavioral Studies)





Steven K. Hoge, MD, MBA

Dr. Hoge is joining the Division of Law, Ethics, and Psychiatry in the Department of Psychiatry. He will be Director of the Columbia-Cornell Forensic Psychiatry Fellowship. Dr.

Hoge received his undergraduate and medical degrees from the University of Michigan. He trained in adult psychiatry at Harvard Medical School and received his MBA from the Darden School of Business at the University of Virginia. Dr. Hoge is the author of numerous articles in the field of law and psychiatry, including original research on the use of coercion in psychiatry, civil commitment, competence to stand trial, and the right to refuse treatment. His research has been supported by the MacArthur Foundation Research Network on Mental Health and the Law.



Sue M. Marcus, PhD

Dr. Marcus recently joined the Division of Biostatistics & Data Coordination. She will provide statistical consultation to a variety of projects in the area of effectiveness and safety of mental health treatments

and services. In addition, Dr. Marcus will be involved in the development and application of statistical methods for causal inference in mental health, including methods to assess the association between psychotropic drugs and suicide, methods to assess generalizability of randomized trials, and methods to identify intervention components with increased effectiveness. Dr. Marcus received an M.S. in Biostatistics from Harvard School of Public Health and a PhD in Statistics from the Wharton School of the University of Pennsylvania. Dr. Marcus has written and consulted extensively on observational study methods for bias in longitudinal mental health studies.



Melanie M. Wall, PhD

Dr. Wall joined the Division of Biostatistics & Data Coordination in July. She received a Ph.D. from the Department of Statistics at Iowa State University, and has been on the faculty in

the School of Public Health at the University of Minnesota for the last 12 years. Her research has predominately focused on the development and improvement of biostatistical models and methods for research problems where the target variables of interest are latent, specifically variables that may be conceptual in nature or simply not measured directly. Much of Dr. Wall's collaborative work can be generally described as social/behavioral public health and she looks forward to the many exciting collaborative opportunities here at Columbia Psychiatry. She is open to working in any research area where she can provide innovative biostatistical methods to help answer real research questions.

ResearchNews

Infants Capable of Learning While Asleep: Finding May Lead to Tests for Developmental Disabilities

Newborn infants are capable of a simple form of learning while they are asleep, according to a study by researchers funded by the National Institutes of Health. The finding, published online in the Proceedings of the National Academy of Sciences in May 2010, may one day lead to a test that can identify infants at risk for developmental disorders that do not become apparent until later in childhood.

The study, conducted by William Fifer, PhD, and colleagues at Columbia University Medical Center, was confined to newborns and the researchers do not know whether older children or adults are capable of learning during sleep. In the study the researchers used an electroencephalogram to record the brain activity of each sleeping infant. A video camera recorded each infant's facial expressions. The researchers played a tone, while a machine blew a faint puff of air at each sleeping infant's eyelids. In response to the air puff, the infants reflexively squeezed their closed lids tighter.

"The easiest way to describe it is that the infants squeezed their already closed eyelids tighter in response to the air puff," Dr. Fifer said. The researchers repeated this nine times, each time pairing the air puff with the tone. For the tenth time in the sequence, however, the researchers played the tone without the air puff. This sequence was repeated over and over again.

After roughly 20 minutes, most of the infants (24 out of 26) would scrunch their faces in response to the tone that was not accompanied

by the air puff. Moreover, the electroencephalogram detected changes in brain wave activity that occurred simultaneously with the tone, which the researchers interpret as further evidence that the infants had learned to associate the tone with the air puff. Infants in the control group, who were exposed to random, unpaired tones and air puffs, did not squeeze their eyelids in response to isolated tones.



"The current experiment is the first to demonstrate that newborn infants are capable of learning about relationships between stimuli while asleep," the researchers wrote. "Learning was only demonstrated in infants exposed to consistent pairings of the tone and air puff."

The researchers added that it is not known whether learning to make such associations during sleep is unique to infants or could also occur in adults. It's possible that the ability might diminish with age.

This type of learning, noted Dr. Fifer and his colleagues, is controlled by the cerebellum, a part of the brain that is implicated in many developmental disorders. This non-invasive measure of cerebellar function in sleeping newborn infants might later provide a means to identify very early in life individuals at risk for developing autism and other developmental conditions.

Funding for the study was provided by the NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development. Additional funding was provided by the National Institute of Mental Health.

Gray Matters at Columbia Spring Benefit Luncheon

On Tuesday, May 11, journalist Paula Zahn joined Jeffrey A. Lieberman, MD and returning Mistress of Ceremonies Donna Hanover for the *Gray Matters at Columbia* Spring Benefit Luncheon at The Plaza Hotel. Underwriters for the event were Charlotte Ford, Patricia Rosenwald and Patricia Cayne, with corporate support provided by Novartis Pharmaceuticals Corporation.

Gray Matters at Columbia is a research fellowship fund that was launched in 2007 to support brain research in an effort to help solve the mystery of serious mental illnesses like schizophrenia, bipolar disorder, depression and autism. Each year the *Gray Matters at Columbia* Fellowship is awarded to young scientists exhibiting outstanding performance in the genetics of brain disorders. The chosen fellows benefit from the multidisciplinary expertise of a peerless team of clinicians and scientists that includes two Nobel laureates. Over fifteen postdoctoral fellows were in attendance at the event to speak about their research with guests.

In her remarks, special guest speaker Ms. Zahn highlighted the needless stigma that still challenges individuals and families that live with mental illness, noting that education is the most important tool in changing public perception. Ms. Zahn spoke about the critical work being done at Columbia Psychiatry by its large and impressive team of physicians, scientists and researchers, and the hope it gives her for the future of mental health care. Brian Fallon, M.D., Director of the Lyme and Tick-Borne Diseases Research Center at Columbia University, spoke about the power of collaborative research at an institution as large and diverse as Columbia. Keynote speaker Jeffrey Lieberman, MD, Chairman of Psychiatry at Columbia University Medical Center, said “the *Gray Matters at Columbia* fellows represent our hopes for the future of psychiatric medicine. We are fortunate and proud to have them on our team.”

The 2009 recipients of *Gray Matters at Columbia* Fellowships are Drs. Suzanne Goh and Scott Schobel, and the 2008 recipient was Dr. Laura Rodriguez Murillo. The 2010 Fellows will be announced in the fall.



Charlotte Ford, Rosemarie Lieberman, Anne Ford



Donna Hanover, Jeffrey A. Lieberman, MD, Paula Zahn



Sondra Spector, Lori Rosenfeld, Brian Fallon, MD, Jennifer Weis Monsky



Steven Roose, MD, Arlyn Gardner



Fellows, Tara Croft, PhD, Carolyn Rodriguez, MD, PhD, Suzanne Goh, MD, Laura Rodriguez Murillo, PhD, Ryan Ward, PhD and Rachel Jacobs, PhD with Chairman, Jeffrey A. Lieberman, MD



Farah Moinian, Lea Cohen, Victoria Sakhai



Shirin Moinian, Paula Zahn, Vaje Soleymani, Vanda Tuberga, Farah Moinian



The Plaza Ballroom



Patricia Cayne, Jeffrey A. Lieberman, MD, Diane Finnerty

The Leon Levy Foundation Fellowship Luncheon

On Monday, May 17, 2010, Columbia Psychiatry hosted Leon Levy Foundation Trustee Shelby White and President John Bernstein for a luncheon to present the inaugural recipients of the Leon Levy Resident and Neuroscience Fellowships. The Fellowships are awarded to individuals with MD/PhD degrees and a research focus in neuroscience. Columbia Psychiatry Chairman Jeffrey Lieberman, MD hosted the luncheon and introduced the first recipients of this distinguished honor: Guarav Patel, MD, PhD; Nasir Naqvi, MD, PhD and Christi Weston, MD, PhD have been selected as Leon Levy Resident Fellows, and Edmund Griffin, MD, PhD has been chosen as a Leon Levy Neuroscience Fellow. Also in attendance were



faculty members Maria Oquendo, MD, Steven Roose, MD, Jay Gingrich, MD, PhD, and Joshua Gordon, MD, PhD Lee Goldman, MD, Dean of the Faculties of Health Sciences and Medicine and Executive Vice President for Health and Biomedical Sciences, joined the event to welcome Ms. White and Mr. Bernstein. Recorded remarks by Eric Kandel, MD were shown via video, and the fellows presented their current research and spoke about their plans for the coming year. The incoming class of Leon Levy Resident Fellows, recently selected as 2010-2011 award recipients, also joined the event: Sean Luo, MD, PhD; Sean Escola, MD, PhD, and Mohsin Ahmed, MD, PhD Columbia Psychiatry is grateful and proud to count the venerable Leon Levy Foundation as a dedicated supporter.

Former First Lady, Rosalynn Carter, Speaks at Forum on Mental Health Issues Hosted by Columbia's Graduate School of Journalism and Department of Psychiatry



In their first collaboration, the Columbia University Graduate School of Journalism and Department of Psychiatry hosted an event at Columbia's Miller Theater on May 3, 2010 with Former First Lady of the United States, Rosalynn Carter, to introduce her new book, *Within Our Reach: Ending the Mental Health Crisis*.

"We're thrilled to have Rosalynn Carter here to engage in a dialogue on these critical issues with the greater Columbia community," said Arlene Morgan, Associate Dean for Prizes and Programs at Columbia's Graduate School of Journalism. She continued, "It's especially timely as we embark on a major effort to improve journalistic coverage of mental health issues."

"Mrs. Carter has been a leading advocate for promoting positive change in mental health policies for more than four decades" said

Dr. Lieberman. "Her new book highlights the significant progress we have made in the field of mental illness and shows how our health system is not delivering all it can in the way of effective treatments and care to many Americans suffering the burden of mental illness. This has been a fascinating discussion."

New Grants

Anissa Abi-Dargham, MD (Translational Imaging) was awarded \$9,998,090 from NIMH in support of a new Conte Center “Dopamine Dysfunction in Schizophrenia.”



Efrat Aharanovich, PhD (Clinical Phenomenology), received an R01 from NIDA to support her study, “HealthCall: Brief Intervention to Reduce Drug Use in HIV Primary Care.” The total award over five years is \$2,912,738.



Dr. Aharanovich also received a new R01 grant from NIH to support his project, “HealthCall: Brief Intervention to Reduce Drug Use in HIV Primary Care.” Total grant support over five years is \$2,912,738.

Andrew C. Chen, MD (Division of Mental Health Services and Policy Research) has received a K award from NIDA for the period 07/15/2010 - 06/30/2015. The title of the project is “Personalized Treatment with Pharmacotherapy and CBT for Moderate Problem Drinking.” The total grant amount equals \$1,190,086.



Sandra Comer, PhD (Division of Substance Abuse) received an R01 from NIDA to support her study, “Prescription Opioid Effects in Drug and Non-drug Abusers.” The grant provides \$2,588,066 over a period of 5 years.

Katherine Elkington, PhD (HIV Center) received a K01 from NIMH in the amount of \$765,962 to fund her study, “A Family-Based HIV-Prevention Intervention for Youth on Probation.”



Bruce Luber, PhD (Brain Stimulation) received an S10 award in the amount of \$142,200 from the National Center for Research Resources to support his research study, “Precision Targeting of fMRI-Guided TMS Using a Robotic Arm System.”



Jonathan Posner, MD (Child and Adolescent Psychiatry) received a K23 grant from NIMH to support his study, “Inhibitory Control and Emotional Processing in Pediatric ADHD.” The total award for a five-year period is \$930,959.

Franklin Schneider, MD (Clinical Therapeutics) received an R34 from NIMH to support his study “Combined Mirtazapine and SSRI Treatment of PTSD: A Placebo-Controlled Trial.” The total grant award over three years is \$547,503.



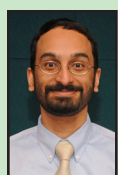
Sarah H. Lisanby, MD and Angel V. Peterchev, PhD (both in the Division of Brain Stimulation and Therapeutic Modulation) received an R01 from NIMH to support their project, “Rational Dosing for Electric and Magnetic Seizure Therapy.” The total grant award over a period of five years is \$1,971,652.

NIDA awarded **John Mariani, MD** (Substance Abuse) an R21 to fund his study, “Gabapentin for Abstinence Initiation in Alcohol Dependence.” The two-year grant totals \$439,725.



2010-2011 OMH Policy Scholars

These most recently acknowledged policy scholars are pursuing a wide array of mental health initiatives that will enhance patient care and delivery for the ethnically-diverse mentally ill population throughout the state. These small policy-focused grants were developed through a partnership with the Office of Mental Health and PI's Division of Mental Health Services and Policy Research.



Sharat Parameswaran, MD, (PGY2) and **Matthew Elrich, MD**, (PGY2): “Implementation Strategies and Evaluation of SHAPE MEDs, an OMH Antipsychotic Mediation Care Pathway.”



Melissa Arbuckle, MD, PhD (Psychiatric Education): “Engaging Residents in Implementation and Quality Improvement Strategies.”

Carl Fisher, MD (PGY1): “The New York City Mental Health Care Monitoring Initiative: Opinions and Perceptions of Public Mental Health System Leadership.”



Elizabeth Werner, PhD (Behavioral Medicine): “Testing the Feasibility and Acceptability of a Behavioral Intervention for Postpartum Depression in a High-Risk Community Sample.”

Daniel Herman, DSW, (WHCS) has been appointed by NIMH to be a member of the Mental Health Services in MH Specialty Settings (SRSP) review committee.



Are you a Columbia Department of Psychiatry alum? 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@pi.cpmc.columbia.edu.

1960s

Ralph Wharton, MD, (Class of 1964) was awarded the Society of Practitioners' "Distinguished Practitioner of the Year" for 2010. Dr. Wharton is the first psychiatrist so honored at the dinner, which was held in June in the new Heart Institute building at NewYork-Presbyterian Hospital.

1970s

Class of 1979 graduate **David Leibow, MD**, announced publication of his book, *What to Do When College is Not the Best Time of Your Life*. "It's a guide for students and their parents about how to identify and deal with the common psychiatric, interpersonal and academic difficulties that arise in college... I hope my colleagues will find the book helpful for their college-age students and their families."

1990s

George J. Makari, MD (Class of 1998), Adjunct Associate Professor of Psychiatry in the Columbia Center for Psychoanalytic Training and Research, received the Heinz Hartmann Award from the New York Psychoanalytic Society this year.

2000s

In July, **Arielle Stanford, MD**, (Class of 2003) participated in the Early Career Women Faculty Professional Development Seminar. The seminar is targeted at physicians and PhD scientists holding medical school appointments and considering leadership positions within their discipline, department or institution.

Ankur Saraiya, MD, (Class of 2003) was married on June 12 to Devi Thangavelu, MD, a gastroenterologist at Wiler Hospital in the Bronx. They honeymooned in Greece.

Outgoing NYSPI and Columbia Department of Psychiatry Alumni Association Director **Steven Hyler, MD**, received the alumni award at this year's APA meeting in New Orleans in honor of his years of dedicated service.



The Women's Program

(continued from cover)

An expert team of psychiatrists and psychologists, together with clinicians in clinic settings throughout Manhattan and physicians in the department of obstetrics and gynecology at NewYork-Presbyterian Hospital, comprise the multidisciplinary staff reaching out to patients in Washington Heights, New York City and beyond.

"The Women's Program is going to expand our capacity to take care of pregnant and postpartum women in the setting where they're getting their medical care," said Elizabeth Fitelson, MD, director of the program. Dr. Fitelson appreciates how easily women in need of treatment can fall between the cracks, putting them at risk for serious complications if their depression is not addressed. One important component of the program is the new Consultation-Liaison service for hospitalized obstetric patients, run by the Associate Director of the Women's Program, Dr. Lucy Epstein Hutner. This service will enhance the continuity of care for women and their families at what can be a vulnerable time.

"We're also working with the Department of Ob/Gyn to institute universal screening with a formalized screening mechanism for depression for every pregnant and postpartum patient in our system," added Dr. Fitelson. "There is a lot of depression that goes unrecognized and untreated in this population." According to the literature, 1 in 8 women will suffer from depression during or after pregnancy.

The potential risks paint a sobering picture: depression during pregnancy is associated with higher rates of pregnancy loss, low birth-weight, preterm labor, and delivery complications such as pre-eclampsia and the need for forceps delivery; children of mothers with untreated depression have more psychiatric diagnoses, acting out behaviors, and cognitive and behavioral delays.

Early intervention, therefore, has a great deal of benefit not only for mothers, but for their children as well. And, educating families, primary care physicians and other healthcare providers, who work with women at risk for depression is critical to eradicating the barriers to effective treatment. Experts note that psychotherapy as well as medication with careful monitoring are viable options and both are available to patients at the Women's Program.

It is well-known that many doctors fail to ask patients about depression or other psychiatric symptoms. That, plus the shame some women feel regarding their symptoms, a reality that may be complicated by cultural values, are just some of the hurdles that face the Women's Program. The staff continues to integrate lessons about treating depression during pregnancy and post-partum into the curriculum for residents and provides ongoing peer supervision.

"We'd like to develop outreach and education to the community," said Dr. Fitelson. "I think it's important to frame mental health within a wellness framework – feeling mentally healthy is part of overall health."

Families seeking help can obtain care at several sites, including NewYork-Presbyterian's clinical service programs at Columbia University Medical Center, at Columbia Eastside at East 60th Street, and the Ambulatory Care Network Clinics in the Washington Heights area. The Program takes pride in delivering the highest quality care to a wide spectrum of patients.

For more information about the Program's services or to schedule an appointment, call (212) 305-0365.



Congratulations Class of 2010!

Graduates of the Adult Psychiatry Residency Program became full-fledged psychiatrists on June 18, 2010, moving on to the next stage of their professional lives. They take with them an education rich in clinical care and research knowledge honed in clinics and laboratories at a medical center virtually unmatched in its training opportunities. Six of the 12 graduates have assumed posts here at the medical center. Our best wishes to all our graduates!



Dr. Allison Baker is pursuing a Child and Adolescent Psychiatry fellowship at Columbia University.

Dr. Lincoln Bickford is joining his former residency trainee in the Child and Adolescent Psychiatry fellowship at Columbia University.

Dr. Carolyn Broudy is a fellow in women's mental health at Columbia University.

Dr. Suzanne Deiter plans to continue her training in a fellowship in child and adolescent psychiatry at New York University.

Dr. Suzanne Garfinkle moves on to Mt. Sinai where she'll pursue a child and adolescent psychiatry fellowship.

Dr. Jonathan Horey is now an attending psychiatrist at 9 Garden North and the E. 60th Street program of NewYork-Presbyterian Hospital.

Dr. Laura Kent is a consultation liaison fellow at Columbia University.

Dr. Lorraine Lothringer is a child and adolescent psychiatry fellow at New York University.

Dr. Catherine Roberts has relocated north to Connecticut where she's a student mental health fellow at Yale.

Dr. Christi Weston is an attending psychiatrist at Lehigh Valley Health Network in Pennsylvania.

Dr. Dirk Winter is pursuing a Child and Adolescent Psychiatry fellowship at Columbia University.

Dr. Beata Zolovska is a child and adolescent psychiatry fellow at New York University.



Alexander Levay, M.D. Memorial Award

2010 Residency Graduate **Catherine Roberts, MD**, has been chosen as the inaugural recipient of the Alexander Levay, M.D. Memorial Award, presented by Philip Muskin, MD, Professor of Clinical Psychiatry and Chief of Consultation-Liaison Psychiatry, Columbia University Medical Center. The Levay Award is presented to the graduating resident who most exemplifies the humanitarian qualities of Dr. Levay. This award is funded by the generous support of The Auxiliary of NewYork-Presbyterian Hospital and Friends of Dr. Levay.

Update on Outpatient Programs

Columbia Psychiatry's outpatient programs continue to grow. These programs are proud to collaborate with referring providers in primary care, Ob/Gyn and other specialties, and working closely with, as well as referring to, private mental health professionals. Our full-time faculty provide consultation and ongoing care to adults as well as to specialized groups of children and adolescents at both the CUMC campus and midtown Manhattan.

You can reach all programs through one number, 212-305-6001, and you can find more details at www.columbiapsychiatry.org. Here are brief descriptions and local phone numbers:

Adult Psychiatry

Midtown: Columbia Psychiatry Eastside at 16 East 60th Street (212-326-8441)

- Expert consultations and second opinions regarding diagnosis and treatment
- Psychopharmacology for mood, anxiety, attention-deficit and psychotic disorders
- Columbia Day Program, providing structured treatment for college-age individuals through older adults, with specialized programs for people with:
 - Eating, addictive, or personality disorders, using evidence-based group psychotherapies including DBT
 - Psychotic disorders, using cognitive remediation, rehabilitation, life-coaching and supportive services

CUMC: Columbia Psychiatry Clinics, Neurological Institute 12th Floor (212-305-6001)

- Intensive Outpatient Program for crisis care, urgent evaluations, and short term treatment
- Psychopharmacology, with availability of reduced fees through our training clinic
- Women's Mental Health, with expertise in pregnancy and hormone-related mood disorders
- Specialty Clinics: Brain stimulation (transcranial magnetic stimulation for depression), neuropsychological assessment, light treatment, Lyme Disease, and Buprenorphine treatment of opiate addiction

Child and Adolescent Psychiatry

Midtown: CUCARD - Columbia University Center for Anxiety and Related Disorders, on the West Side at 3 Columbus Circle

(212-246-5747)

- Comprehensive evaluation and cognitive-behavior therapy for children and teens with anxiety, phobias, separation problems, obsessive compulsive disorder, depression
- Convenient hours, working closely with parents and schools

CUMC: Developmental Neuropsychiatry Program for Autism and Related Disorders, Eye Institute, 4th Floor (212-342-1600)

- Evaluation and treatment of neurodevelopmental disorders that affect socialization and communication, including autism and related autistic spectrum disorders
- All ages: pre-school, children, teens and adults
- Multidisciplinary, including psychiatry, neuropsychology, pediatrics, neurology, and learning specialists



ResearchStudies

New Outreach Strategies for Clinical Research

Research is our best hope for understanding and treating mental illnesses. Thanks to help from volunteers, researchers at Columbia Psychiatry are learning more and more about the causes of mental and behavioral disorders, and are finding new ways to treat and prevent illnesses. Without this important relationship between research participants and those studying their illnesses, it would be difficult to improve treatment and find the causes and potential cure for mental illnesses.

Recruitment of research participants can be a demanding and often frustrating exercise for researchers and participants alike. The marketing committee at Columbia Psychiatry is working to improve and streamline the process of finding and entering a study. A new meeting for those who coordinate research studies and who answer the phones and set up screenings for potential participants was started this year. The Referral Coordinators meet monthly to discuss recruitment strategies, share information about study eligibility, and refer potential participants to the right study.

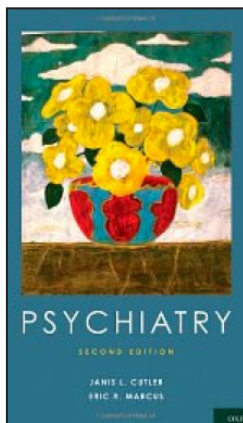
In addition to the meeting, a central database system is in the works to keep track of referrals both in research studies and in our clinical programs, so that someone seeking help can find out about our outstanding clinical programs and also discover that high quality clinical treatment is provided by Columbia Psychiatry faculty members for people who participate in many of our studies.

A new and improved departmental website (www.columbiapsychiatry.org) launched this summer, with the goal of improving referrals to clinical programs and clinical studies. The new website is organized to make it easier for both the general public and for mental health professionals to refer patients to Columbia Psychiatry programs. In particular, its content is now organized by disorder (such as schizophrenia, depression, eating disorders, substance abuse) and by population studied (children and adolescents, late life). On each relevant page, clinical programs, studies that provide treatment, and information about these areas are listed -- so on the depression page

we list clinical programs that treat depression for a fee, clinical trials that treat depression at no cost, as well as "Ask the Experts," Columbia Psychiatry faculty members answering key questions about the treatment of depression.

The marketing committee is also developing a strategy for Columbia Psychiatry to have an appropriate presence on social media, such as Facebook, Twitter, and blogs. We are developing significant video content for both professionals and the general public, which will be hosted on the Columbia Psychiatry website as well as on YouTube and other social media sites.

In addition, an effort is underway to provide much needed education about research in psychiatry and opportunities for treatment in research studies to local community/advocacy groups like NAMI-Harlem. Coordinators may sign up to present information about their research studies at upcoming NAMI-Harlem meetings by calling 212-543-6639 or by sending an email to drattee@pi.cpmc.columbia.edu.



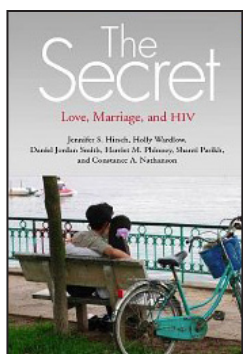
PSYCHIATRY (2ND EDITION)

Authors: Janis Cutler and Eric Marcus

Publisher: Oxford University Press

April 2010

Designed specifically for medical students, as well as other trainees in the health professions, including social workers, occupational therapists, and psychiatric residents, Psychiatry 2 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, including extensive tables, 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.



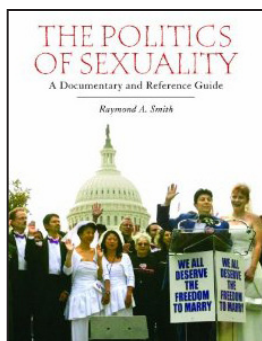
THE SECRET: LOVE, MARRIAGE, AND HIV

Authors: Jennifer Hirsch, Holly Wardlow, Daniel Jordan Smith, and Harriet M. Phinney

Publisher: Vanderbilt University Press

January 2010

For many women around the world, their greatest risk of HIV infection comes from having sex with the very person with whom they are supposed to have sex: their spouse. The Secret situates marital HIV risk within a broader exploration of marital and extramarital sexuality in five diverse settings: Mexico, Nigeria, Uganda, Vietnam, and Papua New Guinea. In these settings, the authors write, men's extramarital sex, is an officially secret but actually widespread (and widely acknowledged) social practice, rather than something men do because their bodies demand it and women can't stop them.



THE POLITICS OF SEXUALITY: A DOCUMENTARY AND REFERENCE GUIDE

Author: Raymond A. Smith

Publisher: Greenwood Publishing Group

May 2010

The documentary record reveals society's shifting values on privacy and sexuality issues as well as the uniquely American collision of political interests over sexuality and government control.



COLUMBIA PSYCHIATRY GIVING

The 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 four supporting opportunities within the Frontier Fund are the Young Investigators, Clinical Research and Treatment, Education and Outreach, and Chairman's Initiatives. Columbia Psychiatry is proud to be an international leader in the field of psychiatric medicine, and gifts to the 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 Frontier Fund or to make a gift, please contact Emily Carey at 212-543-5942 or eac2149@columbia.edu. Thank you for your support of Columbia Psychiatry!