

# InPsych

Summer, 2011



## Uptown Psychiatry: The NewYork-Presbyterian/Allen Hospital



Dr. Lourdes Dominguez

One of the most demanding jobs in psychiatry may well be working at Allen Hospital's inpatient psychiatry unit, but you wouldn't know it from the strong sense of inter-department camaraderie much in evidence on a recent visit. With Lourdes Dominguez, MD, at its helm since 1995 as Psychiatrist-in-Chief, the

department is providing mental health treatment to some of the city's most difficult cases.

The patient population is mostly male, roughly 80% MICA, that is, mentally ill chemical abusers, and homeless. "A lot of them have a criminal history that could be related to their substance abuse or to a lack of compliance to treatment and their mental illness," said Dr. Dominguez.

More than 50% have a medical condition for which they would likely not get treatment were they not admitted to the inpatient psychiatry unit. It's no cliché, amazing things *are* happening

here. And, when they can, Dr. Dominguez's staff is ensuring that patients' medical health isn't compromised because of their psychiatric diagnosis. Dr. Dominguez recalled a patient who was admitted with substance abuse and a psychotic disorder. The patient also had multiple fibroids that stretched out her uterus to the size of a seven-month pregnancy. After repeated psychiatric hospitalizations under the care of the 5 full-time psychiatrists who staff the unit, she was ultimately able to undergo surgery, drastically improving the quality of her life.

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## Faculty Workshops at PI: Sharing Intellectual Resources

Following the Columbia Psychiatry/NYSPI annual meeting on June 17, faculty and staff were invited to attend workshops covering a wide range of topics. Presented by faculty members, the workshops provided everyone an opportunity to get a glimpse into the research and activities in fields and divisions beyond his or her own area of expertise. Following are brief descriptions of a selected number of presentations from the day.

### Cultural and Social Issues in Working with Communities

Engaging the more immediate communities of Washington Heights/ Inwood and Harlem has long been a goal of the department whether it be as a means to recruit participants in our research studies or to provide residents with services. The challenge so far has been appreciating the mutually beneficial relationship that naturally exists between our world-class, highly-regarded research entity and the population outside our doors. That population is hungry for the knowledge our experts are able to impart and for services that don't often exist for poor families, as well as providing access to potential participants for the research that is the Institute's lifeblood.



The presentations by Mindy Fullilove, MD, and Roberto Lewis-Fernandez, MD, generated a lively discussion of ways in which we could tap into the resources in the communities around us. Likening the relationship between the PI and Washington Heights/Inwood communities to the synapse, workshop participants were encouraged to share ideas about ways one might "cross the synapse", that is, provide critical services that the community needs while meeting the goals of our research. As Dr. Lewis-Fernandez said, "What are our priorities and do they match the priorities and needs of patients?" In his presentation, he pointed out the value of including community members early on in the process, before the study is designed, and then,

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

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### Education at Columbia Psychiatry

The breadth, depth and sheer number of the educational opportunities at PI are extraordinary.

Education is not only one leg of the tripartite mission of Columbia Psychiatry, but an integral part of every activity. We are formally engaged in educating some 750 residents, medical students, fellows and trainees in more than 25 programs including clinical training in adult and child psychiatry residencies, psychology, social work, and nursing programs, emergency, forensic, and geriatric psychiatry, health & aging policy, psychosomatic and public psychiatry; research training in addiction, affective disorders, HIV, child psychiatry, developmental neuroscience, genetics, late-life, neurobehavioral sciences, schizophrenia, neurobiology and behavior; and psychoanalytic training in our affiliated center for psychoanalytic training and research.

Impressive as that list is, there's more. Each week Adult Psychiatry, Child Psychiatry and HIV Center Grand Rounds are held here at PI. On any given day faculty, trainees and staff at the institute can choose from a wide-ranging number of special lectures, conferences, journal clubs, and workshops reflecting the interests and expertise of our faculty and experts from around the world. Among these are the Bioethics Lecture, OMH

Monthly Teleconference Seminar (Live via Satellite), Law, Ethics and Psychiatry Weekly Seminar, Substance Abuse Brown Bag Seminar, the Samuel Sutton Cognitive Neuroscience Colloquium, the Geriatric Psychiatry Speaker Series, Biostatistics Weekly Seminar, Lieber Center Seminar, and Global Mental Health Seminar. In addition, this June we initiated a series of faculty workshops at the annual meeting, providing yet another venue for learning outside-the-box at PI (*see Faculty Workshops at PI: Sharing Intellectual Resources, cover*).

I am enormously proud of all of our 2011 graduates and their achievements. In the adult residency program alone, eight of the twelve graduates will be staying on at CUMC in a variety of capacities (*see page 8*) as will many of our research fellows and clinical psychiatry residents and trainees. Their successes and this high retention rate are due in no small part to our gifted and dedicated faculty and administrators in clinical and research education, ably led by our Vice-Chair for Education, Maria Oquendo, MD.

NYSPI/Columbia Psychiatry plays a profound role in transforming the field of psychiatry by educating the leaders of tomorrow in psychiatric treatment, research, administration and public policy, continuing a tradition of excellence in education reaching back for more than a century.

### Faculty Workshops at PI: Sharing Intellectual Resources

*(continued from cover)*

upon its conclusion, sharing the results, not just with one's colleagues through scientific papers, but through other more accessible means with the non-scientific community. This community-based participatory research approach is one of "eight new competencies recommended by the Institute of Medicine (IOM) for health professional students."

It was clear from the discussion that building trust was paramount. To that end, Dr. Fullilove proposed the following tools for crossing the synapse/bridging the gap: developing cultural competence, forming a coalition, and embracing narrative medicine. "Developing cultural competence results in an ability to understand, communicate with, and effectively interact with people across cultures." In reaching out to our neighbors in the community, understanding and appreciating their needs and values and building an alliance is enhanced by our providing a narrative or story that is compelling and attractive enough to capture their interest.

Building lasting relationships is an endeavor that requires institutional investment and Dr. Naihua Duan, Chief of the Division of Biostatistics and a former faculty member at UCLA, shared his experience with the university's successful outreach efforts with its *UCLA in LA* initiative.



### Genetic Testing in Psychiatry and Internal Medicine: Practical and Ethical Concerns

Psychiatry is seeing growing use of genetic testing for diagnostic and pharmacogenetic purposes, and may soon see an increase in predictive testing as well. Appropriate use of genetic tests, the attitude towards genetic testing and the issues they raise is a primary concern of Columbia's NHGRI-funded Center for Research on Ethical, Legal and Social Implications of

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**Mindy Fullilove, MD**, (Social Psychiatry) and **Rodrick Wallace, PhD**, (Epidemiology) along with Dr. Camara Jones of the US Centers for Disease Control and Prevention, served as guest editors of a special

section of the June issue of the *Journal of Urban Health on Serial Displacement and Health*. Drs. Wallace and Fullilove co-authored a paper which appeared in that section, titled, "Serial Forced Displacement in American Cities, 1916-2010."



**The Division of Mental Health Services and Policy Research** has earned three awards for two of its programs. The Focus on Integrated Treatment in the Center for

Practice Innovations received a Bronze Horizon for Excellence in Design and Use of Video and the Communicator Award of Excellence for Best Interactive Design. The ACT Institute in the Center for Practice Innovations received the Silver Horizon for Excellent Use of Blending Creativity and Functionality in Video and Interactive Media.

Also in the Division of Mental Health Services and Policy Research **Jennifer Wisdom, PhD, MPH**, joined the editorial board of the *Journal of Mixed Methods Research*. In July, she presented workshops on mixed methods research at the University of Aberdeen Health Services Research Unit and at the International Mixed Methods Conference in Leeds, U.K. She also received a CTSA Fellowship from the



Irving Institute for Clinical and Translational Research at Columbia University to create peer mentoring programs to facilitate multi-disciplinary junior faculty productivity in clinical and translational science.

**Sharat Parameswaran, MD** (PGYIV) has been selected as a 2012 Robert Wood Johnson Foundation Clinical Scholar. Through the program, he will learn to conduct innovative

research and work with communities, organizations, practitioners and policy-makers in order to take a leadership role in improving health and healthcare in the U.S. With support from the U.S. Department of Veteran's Affairs, Dr. Parameswaran will begin his fellowship at UCLA and a VA Medical Center in the fall of 2012.



## Faculty Workshops at PI: Sharing Intellectual Resources *(continued from page 2)*

Psychiatric, Neurologic and Behavioral Genetics, which is based in the Department of Psychiatry. Center Director Paul Appelbaum, MD presented an overview of genetic testing today, looking at the attitudes and issues surrounding prenatal, childhood and adult genetic testing while Robert Klitzman, MD presented findings from recent studies in which he examined patients' decisions to be tested, and the effect on ordering tests of the attitudes and knowledge held by doctors recommending (or not recommending) use of genetic tests.

The workshop provided a preview of the challenges and issues that are likely to arise for psychiatrists and other mental health professionals in the coming years. For both the consumer and the specialist there is a clear need for greater education about genetics and the use of genetic tests, about the many barriers to the use of genetic tests, including financial obstacles, ethical concerns, and fears of discrimination, as well as the opportunities for better and earlier diagnosis and personalized treatment.

### **The Connection between Mental Health and HIV/AIDS: Implications for Clinical Care and Research**

The AIDS epidemic is widely considered to have its official start date in June 1981, exactly thirty years ago. As the epidemic begins its fourth decade, issues of mental health and mental illness continue to hinder HIV prevention, impede effective HIV treatment, and impair the quality of life of people living with the virus. In this workshop, Milton Wainberg, MD, a psychiatrist, and Robert Remien, PhD, and Katherine Elkington, PhD, clinical psychologists, presented their research studies in the US, Brazil, and South Africa focusing on work with patients with severe mental illness, adolescents with mental illness and their families, and HIV-positive individuals seeking



to improve their health-related behaviors, including adherence to medication regimens.

Dr. Elkington began with an overview of the interactions among mental illness and substance use, and how both raise individuals' risk of acquiring HIV. She focused in particular on four highly vulnerable groups: injecting drug users, drug-using gay men, sex workers, and incarcerated populations. She and Dr. Wainberg also discussed "deployment-focused intervention development" in which behavioral research is conducted with a specific focus on how it will be employed in real-world situations. Dr. Wainberg used the example of his HIV risk reduction work with psychiatric patients in Brazil, while Dr. Elkington focused on her family-based intervention with substance-using youth who are involved in the criminal justice system.

Dr. Remien presented an overview and demonstration of his Masivukeni Project, a multimedia intervention to improve and sustain adherence in clinics in Cape Town, South Africa. Masivukeni, which

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**Jimmy Choi, PsyD**, (Mental Health Services Research and Policy) received a NARSAD award of \$60,000 to fund his research study, "Neural Basis of Intrinsic Motivation in Schizophrenia."



**Joan Mantell, PhD**, (HIV Center) was awarded an R21 from NIMH to support her research study, "Sexual Risk Compensation and Male Circumcision Among Men in South Africa." The two-year study totals \$353,384.



An R21 from NIMH in the amount of \$440,104 was awarded to **Jaya Prabhakaran, PhD**, (MIND) for her study, "Development of Agonist PET Tracers for Quantifying 5HT2AR."



A K05 from NIDA was awarded to **Richard Foltin, MD**, (Substance Abuse) to support his study, "Clinical and Preclinical Models in Drug Abuse: Training and Development." The five-year grant totals \$641,035.



NIMH awarded an R01 in support of her project, "A Longitudinal Multimodal MRI Study of Adolescents with Bulimia Nervosa" to **Rachel Marsh, PhD**, (Child and Adolescent Psychiatry) The five-year grant amounts to \$2,696,499. Dr Marsh also received an R21 in the amount of \$439,725 for her study, "An fMRI Study of Three Neural Systems Implicated in Obsessive-Compulsive Disorder." **Helen Blair Simpson, MD**, (Clinical Therapeutics) is co-PI.



**Carolyn Rodriguez, MD**, (Clinical Therapeutics) received a K23 from NIMH to support her study, "Novel Interventions for Adults with Obsessive-Compulsive Disorder." The five-year grant totals \$911,029.

**Ragy Girgis, MD**, (Translational Imaging) was given a 2010 NARSAD Young Investigator Award of \$60,000, which will support his study, "A PET Imaging Study of the Effects of Risperidone on the Dopamine-3 Receptor in Schizophrenia."



**Mate Milak, MD**, (MIND) received an R01 from NIMH to fund his study, "The Antidepressant Action of Ketamine: Brain Chemistry." The amount over four years is \$2,365,737.



"Distinct & Common Neural Correlates of Fear Disorders, OCD, & Eating Disorders," a study by **Franklin Schneier, MD**, (Clinical Therapeutics) received funding (R01) from NIMH. The three-year project totals \$1,646,765.



**Kimberly Hoagwood, PhD**, (Mental Health Services Research and Policy) received a P30 grant from NIMH to support her study, "Advanced Center for State Research to Scale Up EBPs for Children." The five-year grant totals \$7,526,449.



A NARSAD Young Investigator Award of \$60,000 was presented to **Maria Milekic, PhD** (Developmental Neuroscience). The award provides valuable funding for her study of "Paternal Age and Epigenetic Mechanisms in Psychiatric Disease."



NIMH awarded **Scott Schobel, MD**, (Cognitive Neuroscience) a K23 in the amount of \$468,167 to support his project, "Cross Species Imaging of Schizophrenia."

For his study "Medium Spiny Neuron Excitability and Motivation," **Christoph Kellendonk, PhD**, (Howard Hughes Medical Institute) received an R01 grant from NIMH totaling \$2,000,417.



**Catherine Monk, PhD**, (Behavioral Medicine) received an R01 from NIMH in the amount of \$3,508,187 to support her study, "Prenatal Stress: The Epigenetic Basis of Maternal and Perinatal Effects."



An R03 from NIMH was awarded to **Craig Tenke, PhD**, (Cognitive Neuroscience) who is carrying out a study, "Time-Frequency Measures for Predicting Response to Antidepressants." The two-year study totals \$159,900.



## New Appointments



### Laura Kent, MD

In May 2011, consultation-liaison fellow Dr. Laura Kent was appointed to head a Complexity Intervention Unit, which will be a combined medicine/psychiatry area in Milstein at NewYork-Presbyterian Hospital. Reporting to Paul Green, MD, she will work closely with psychiatry and medicine to care for patients with co-morbid medical and psychiatric issues.

Dr. Kent received her BA from Duke University, where she majored in English. She completed medical school at Albert Einstein College of Medicine. After finishing her residency in internal medicine at Columbia University Medical Center, Dr. Kent completed her residency in Psychiatry at NYSPI and Columbia University Department of Psychiatry.



### Stephanie LeMelle, MD

Dr. Stephanie LeMelle was appointed Co-Director of Public Psychiatry Education at New York State Psychiatric Institute (NYSPI), a post she assumed on July 1, 2010.

Dr. LeMelle has been dedicated to carrying out the aims of public psychiatry since completing a fellowship at Columbia. She is interested in public psychiatry particularly in the treatment and care of people with severe mental illness (SMI). For 10 years she was the Associate Director of the Washington Heights Community Service (WHCS), which provides care to severely mentally ill patients residing in Washington Heights.

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## Raise Connection Program Charts New Territory in Psychosis Treatment

For many families, seeking treatment for a family member with a psychotic disorder involves great cost, both emotionally and financially. Schizophrenia ranks among the top 10 causes of disability worldwide, according to the NIMH. There is great interest both on the federal and state levels in early intervention measures to mitigate this disability. The RAISE Connection Program is an NIMH-funded clinical research study for adolescents and adults who have experienced psychotic symptoms for at least a week in the prior two years.

“The goal of intervening early is to try to prevent the deterioration in function that often accompanies the diagnosis of schizophrenia and to help people stay in or return to school or work,” said Ilana Nossel, MD. The RAISE (Recovery After an Initial Schizophrenic Episode) Connection Program, which is being carried out in partnership with the Office of Mental Health (OMH) here in NY and with colleagues at the University of Maryland (Lisa Dixon, MD, Principal Investigator) and the public mental health system in Maryland, promises to provide practical information about how such early intervention might be implemented as part of public mental health systems across the country.

Psychosis is characterized by symptoms such as hallucinations (hearing or seeing things that aren’t there), delusions (trouble distinguishing between what is real and what isn’t real) and disorganized thoughts. Schizophrenia is often what comes to mind with the term “psychosis,” but Dr. Nossel, study coordinator for the New York State Psychiatric Institute (NYSPI) site, said that “often early on people get a diagnosis of psychotic disorder not otherwise specified.”

Treatment at NYSPI is carried out through the Washington Heights Community Service outpatient clinic, which provides treatment to people with severe mental illnesses, many of whom have schizophrenia. A significant number of the clinic’s patients are also uninsured or underinsured and the clinic provides them access to care they may not otherwise be able to get.



As part of the Connection Program, as of June 2011, community residents age 16 to 35, whose psychosis is newly diagnosed, receive up to two years of services by a multidisciplinary team. Individuals enrolled in the study will receive treatment tailored to meet their particular needs, and their family members will receive support and education to help them understand what their loved one is experiencing and ways to help.

This type of research study done in a real-world setting is charting new territory for research in the United States.

“A great deal of work has been done in other countries,” said Dr. Nossel, but far less in the US. She added, “It’s exciting to be doing this work in partnership with OMH at a time when they see the value of early intervention and are investing in it.” For OMH and Susan Essock, PhD, Director

of the Division of Mental Health Services and Policy Research and Principal Investigator of the RAISE Connection Program study, providing cost-effective treatment that maximizes recovery for New Yorkers is a priority. One of the missions of Dr. Essock’s division is to carry out research that informs policymaking so that community-based treatment services reflect best practices based on research.

Dr. Essock noted, “We are very glad to have this opportunity to bring research about first-episode psychosis into practice and to document what the implementation challenges are—and how to overcome them—along the way. Our goal is to work with our state partners to learn what it takes to get a first episode clinic up and running, to get the word out to potential referral sources, to see what services people actually use and find helpful, and to produce a roadmap that we can use with OMH to spread such services state-wide. We have this opportunity because of the enormous effort Jeffrey Lieberman, Lisa Dixon, and a whole host of other colleagues invested in figuring out what a state-of-the-art program should look like to help people maximize recovery and get on with their lives after psychosis emerges, and then to get such programs up and running in our own communities here in New York City and Baltimore.”

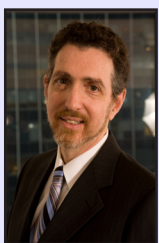
*This project has been funded in part with Federal funds from the American Recovery and Reinvestment Act of 2009 and the National Institute of Mental Health, National Institutes of Health, Department of Health and Human Services, under Contract No. HHSN271200900020C. For more information about the RAISE Connection Program please call Sapna Mendon at (212) 543-6736 or log on at [www.connectionprogram.org](http://www.connectionprogram.org).*

## New Appointments

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As a consultant and teacher for the Columbia University HIV and Mental Health Training Project, Dr. LeMelle provides training to clinicians about how to address HIV prevention and treatment of people with SMI. She is also the Faculty Liaison to Harlem Hospital Department of Psychiatry.

Dr. Le Melle received her MD from Mt. Sinai School of Medicine and she has an MS in Molecular Biology from Hunter College CUNY. She then completed her residency in psychiatry at Columbia University / NYSPI.



**Jon Morgenstern, PhD**

In March 2011 Dr. Jon Morgenstern, director of Addiction Treatment at Columbia Psychiatry, was selected to oversee the development of the recovery program at the new Tribeca Twelve, a residence for college and graduate students. The residence was created out of a partnership between Columbia Psychiatry and Hazelden, one of the world’s largest and most respected private, nonprofit

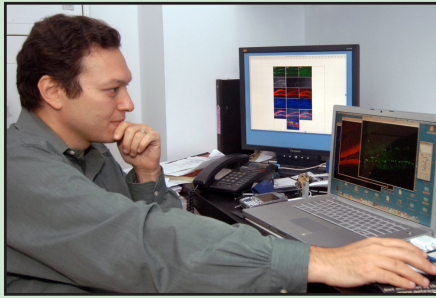
alcohol and drug addiction treatment centers. Residents will receive outpatient treatment at Columbia’s College Student Program on the Upper East Side.

“Our experience in treating young adults in crisis has made us aware of the need to extend support beyond the hours someone attends treatment,” said Dr. Morgenstern. “Thus, availability of a safe, supportive and fun living environment will substantially improve our ability to help young adults by combining state-of-the-art treatment with a welcoming place to live.”

Dr. Morgenstern is a Vice President at the National Center on Addiction and Substance Abuse at Columbia University (CASA) and a nationally recognized expert on the treatment of substance abuse, specializing in cognitive behavioral psychotherapy. He is a strong advocate of combining cutting-edge research with quality patient care. He currently divides his time between directing an active treatment research program that has been funded by the National Institutes of Health for the last 21 years and overseeing addiction treatment at CUMC.

## Brain Structure Adapts to Environmental Change

Scientists have known for years that neurogenesis takes place throughout adulthood in the hippocampus of the mammalian brain. Now Columbia researchers have found that under stressful conditions, neural stem cells in the adult hippocampus can produce not only neurons, but also new stem cells. The brain stockpiles the neural stem cells, which later may produce neurons when conditions become favorable. This response to environmental conditions represents a novel form of brain plasticity.



The hippocampus is involved in memory, learning, and emotion. A research team led by Alex Dranovsky, MD, PhD, assistant professor of clinical psychiatry at Columbia University Medical Center, compared the generation of neural stem cells and neurons in mice housed in isolation and in mice housed in enriched environments. They then used lineage studies, a technique that traces stem cells from their formation to their eventual differentiation into specific cell types, to see what proportion of neural stem cells produced neurons.

Deprived and enriched environments had opposite effects. The brains of the socially isolated mice accumulated neural stem cells but not neurons. The brains of mice housed in enriched environments produced far more neurons, but not more stem cells. The average mouse *dentate gyrus*, the area of the hippocampus where neurogenesis takes place, has about 500,000 neurons; the enriched environment caused an increase of about 70,000 neurons.

"We already knew that enriching environments are neurogenic, but ours is the first report that neural stem cells, currently thought of as 'quiescent,' can accumulate in the live animal," said Dr. Dranovsky. "Since this was revealed simply by changing the animal's living conditions, we think that it is an adaptation to stressful environments. When conditions turn more favorable, the stockpiled stem cells have the opportunity to produce more neurons—a form of 'neurons on demand.'"

The researchers also looked at neuronal survival. They found that social isolation did not cause it to decrease. Scientists already knew that environmental enrichment increased neuronal survival further increasing the neuron population.

To a lesser extent, location within the hippocampus affected whether stem cells became neurons. While the ratio of stem cells to neurons remained constant in the lower blade of the *dentate gyrus*, it varied in the upper blade.

Age also affected the results. After three months, the brains of the isolated mice stopped accumulating neural stem cells. But the mice in enriched environments continued to produce more neurons.

Dranovsky and his team now want to see whether this hippocampal response is specific to social isolation or is a more general response to stress. Another question is whether all neural stem cells have the same potential to produce neurons.

"The long-term goal," said Dr. Dranovsky, "is to figure out how to instruct neural stem cells to produce neurons or more stem cells. This could lead to the eventual use of stem cells in neuronal replacement therapy for neurodegenerative diseases and other central nervous system conditions."

- Ann Rae Jonas

## ClinicalServices

### Uptown Psychiatry: The NewYork-Presbyterian/Allen Hospital *(continued from cover)*

Founded in 1988 as a community hospital, the Allen has undergone a tremendous transformation becoming one of NewYork-Presbyterian's full service hospitals with psychiatry being one of its premier services. At the Allen, the homeless mentally ill with comorbid substance abuse disorders find refuge with a dedicated, multidisciplinary, ethnically-diverse, mostly bilingual staff that reflects the population in this bustling upper Manhattan community and the neighboring Bronx. The 30-bed unit on 3River East operates at nearly full-capacity and Dr. Dominguez notes with pride that also available is a full-time consultation liaison (CL) service that provides psychiatric care to patients on the general medicine and surgical units at Allen Hospital. While 95 percent of psychiatric inpatients are admitted via the emergency room, 5% are admitted through the CL service.

That the unit is a well-run one is a credit to the unwavering support of senior administrators like Department of Psychiatry Chair Jeffrey

Lieberman, MD, and CUMC Clinical Director Ellen Stevenson, MD, as well as Michael Fosina, Vice President and Executive Director of Allen Hospital, said Dr. Dominguez. "He [Mr. Fosina] has been very influential in getting resources for the unit as we need them." In addition to group therapy and individual care, the staff on the unit incorporate recreational activities as a means to improving patients' cognitive function. Dr. Dominguez is enthusiastic about Mr. Fosina's appreciation of the use of electronic devices like MP3 players that will make life on the inpatient unit a more pleasant experience while enhancing clinical care. "There are a lot of podcasts that are relaxation podcasts or stress-reduction podcasts that we can have them listen to as well as music," Dr. Dominguez elaborated.

By virtue of its location at "the very tippy top of Manhattan," most patient rooms of the inpatient psychiatry unit have views of leafy green trees and the Harlem River. If timed right, patients may even catch the Columbia crew team on

their morning practice or tourists on the Circle Line's uptown sightseeing cruise. "It's not a locked unit surrounded by concrete. It's a locked unit surrounded by nature so it's a very positive environment," said Dr. Dominguez.

Its location in Inwood, a neighborhood north of the main medical center campus, has the staff at Allen feeling somewhat removed from events at the medical center in Washington Heights and Dr. Dominguez regrets that a psychological barrier makes some of her colleagues disinclined to venture farther uptown. But things are beginning to change through Dr. Lieberman's leadership with organized talks from some of the department's senior researchers and clinicians becoming a regular part of the ongoing education of staff. Since January, medical students have rotated through Allen, providing them with a broader and richer experience in psychiatric care.

*For more about psychiatric services at the Allen, call (212) 932-4165.*

## Second Annual Leon Levy Fellowship Symposium

On May 23, 2011, the Department of Psychiatry at Columbia University Medical Center was pleased to host the second annual Leon Levy Fellowship Symposium at the New York State Psychiatric Institute. Select Leon Levy Fellows made research presentations to special guests Shelby White and Elizabeth B. Moynihan, Foundation Trustees, and John W. Bernstein, Foundation President and CFO. In addition to the Fellows, Columbia University Medical Center leadership and faculty were honored to attend, including P. Roy Vagelos, MD, Chairman, CUMC Board of Visitors; Lee Goldman, MD, Dean of the Faculties of Health Sciences and Medicine and Executive Vice President for Health and Biomedical Sciences; Jeffrey A. Lieberman, MD, Lawrence C. Kolb Professor and Chairman, Department of Psychiatry and Director, New York State Psychiatric Institute; and Department of Psychiatry faculty Maria Oquendo, MD; Harold Pincus, MD; Steven Roose, MD; Joshua Gordon, MD, PhD and Jon Morgenstern, PhD.



Current Leon Levy Resident and Neuroscience Fellows Mohsin Ahmed, MD, PhD; Gaurav Patel, MD, PhD; Edmund Griffin, MD, PhD; Sean Luo, MD, PhD; Sean Escola, MD, PhD and Nasir Naqvi, MD, PhD are being joined this summer by incoming residents, and new Leon Levy Resident Fellows,

Atheer Abbas, MD, PhD; Christopher Cselenyi, MD, PhD and Bradley Miller, MD, PhD.

A significant gift from the Foundation established the Leon Levy Resident and Neuroscience Fellowships, to be awarded to individuals with MD, PhD degrees and a research focus in neuroscience. Dr. Lieberman noted that this gift “will foster young and emerging scientists at a critical point as they formally begin their careers, nurturing the most promising young scientists who will continue to elucidate how the brain functions and what underlies mental illness.”

## NYSPSI Hosts “Mind-Body Connection II”

The New York State Psychiatric Institute hosted the second **Mind-Body Connection** on Saturday June 25. This health and wellness fair was co-sponsored by NAMI-NYC Metro and was co-chaired by Matt Gold, CTRS, and Noelina Arcineigas, NAMI-NYC Metro’s Outreach Coordinator. Wendy Brennan, NAMI-NYC Metro’s Executive Director joined Mr. Gold

in welcoming the audience, and thanked NYSPSI for its collaborative relationship with NAMI. As was the case last year, this year’s event was attended by well over 100 consumers, mental health care providers and trainees.

Dr. Risa Ryger, a clinical psychologist, delivered the keynote address, “Interpersonal Neurobiology: The Ever-Changing Brain and What You Can Do to Change It.” Attendees were then able to experience a variety of complementary alternative medicine interventions,

including acupuncture, massage, reiki, yoga, laughter yoga, stress management and fitness. Music was also provided by *Audiowood*, a band from the Washington Heights Community Service Inwood Clinic, led by Jennifer Richman, OTR/L. Feedback from the participants was overwhelmingly positive, and many praised the Institute’s commitment to promoting complementary alternative medicine.

The Institute can once again take pride in the contributions of several of its staff: Jennifer Knowles, from Developmental Neuroscience, helped in facilitating the fitness class. Suzette McFarlane, CTRS, Director of Recreation Therapy, led the very popular stress management classes. Jennifer Richman, OTR/L organized the Inwood Clinic band, *Audiowood*.

It should be noted that many of the interventions presented have been part of the treatment program offered to the Institute’s in-patient population for some time. Yoga is offered by several trained yoga instructors. The Institute’s Recreation Therapy Department offers several exercise and fitness groups, primarily in the gym. The Recreational Therapy Department also offers several stress management groups, including those led by Ms. McFarlane.

## 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](mailto:eac2149@columbia.edu). Thank you for your support of Columbia Psychiatry!



**2011 Adult Psychiatry Residency Graduates**



**Jonathan (Yoni) Amiel, MD**

Dr. Amiel will join Columbia College of P&S as Assistant Dean for Curricular Affairs and start as an attending in the Washington Heights Community Service's Audubon Clinic, in addition to continuing as a second year candidate at the Columbia Psychoanalytic Center and opening up a private practice. He obtained his bachelor's degree in Biology from Yale University and his MD from Columbia University's College of Physicians and Surgeons.

**Anand Desai, MD**

Dr. Desai has joined the faculty as Assistant Director of the PI Residents' Clinic, in addition to opening a private practice and continuing psychoanalytic training at the Columbia Psychoanalytic Center. He graduated from Stanford University with a BS in Biology and a BA in English, completing an honors thesis in 20th century poetry. He received his medical degree from Columbia University's College of Physicians and Surgeons.

**Niles Drake, MD**

Dr. Drake earned his undergraduate degree from Drew University. He completed medical school at the University of Arkansas for Medical Sciences. Dr. Drake then completed a Pediatrics residency at Baylor in Houston before he found his way home to psychiatry. Next year he will be starting the Emergency Psychiatry fellowship here at Columbia, as well as opening a private office and entering the Adult Psychodynamic Psychotherapy Program at the Columbia Psychoanalytic Center.

**Emily Gastelum, MD**

Dr. Gastelum received her undergraduate degree in neuroscience from Brown University before attending Duke University, where she received her medical degree. Next year Dr. Gastelum will start a fellowship in psychosomatic medicine at Columbia while starting a private practice and continuing training in psychoanalysis at the Columbia Psychoanalytic Center as a second year candidate.

**Tresha Gibbs, MD**

Dr. Gibbs obtained her undergraduate degree in chemistry from Princeton University. She then completed medical training at Columbia University's College of Physicians and Surgeons. Next year she will begin the Child and Adolescent Psychiatry Fellowship at New York University and have a part time private practice.

**Jeanne Goodman, MD**

Dr. Goodman received her undergraduate degree from Yale University and her medical degree from Mount Sinai School of Medicine. Next year she will begin the Child and Adolescent Psychiatry Fellowship at New York University and have a part time private practice.

**Aerin Hyun, MD, PhD**

Dr. Hyun will soon begin fellowship training in Women's Health at Columbia, embark on her second year of training at the Columbia Psychoanalytic Center and start a private practice. She earned undergraduate degrees in Bioengineering and English Literature. Dr. Hyun then went on to pursue a combined MD/PhD in Medicine and English Literature. Her combined training was at the University of Illinois at Urbana-Champaign (UIUC), where she also did an internship year before transferring to our program as a second year resident.

**Aaron Krasner, MD**

Dr. Krasner graduated from Northwestern University with a degree in English Literature. He completed medical school at the Feinberg School of Medicine at Northwestern University. This past year he began his fellowship training in child psychiatry. Next year he will continue with his second year in the Columbia-Cornell Child and Adolescent Psychiatry Fellowship program.

**Diana Moga, MD, PhD**

Dr. Moga received her undergraduate degree from Vassar College before completing a combined MD/PhD program at Mount Sinai School of Medicine. Next year, she will become an inpatient attending at the NewYork-Presbyterian Allen Hospital and start psychoanalytic training at the Columbia Psychoanalytic Center.

**Nasir Naqvi, MD, PhD**

Dr. Naqvi earned his undergraduate degree from New York University and an MD and PhD in Neuroscience at the University of Iowa. Next year he will enter the Substance Abuse Research Fellowship at Columbia and start a part time private practice.

**Andrew Rosenfeld, MD**

Dr. Rosenfeld studied cognitive neuroscience at Harvard College where he received his undergraduate degree. He then earned his medical degree from Harvard Medical School. Next year, he will be starting the Child and Adolescent Psychiatry Fellowship at New York University.

**Peter van Roessel, MD, PhD**

Dr. van Roessel received his undergraduate degree in biology from Yale University. He subsequently pursued graduate studies in developmental biology and genetics in Germany and the University of Cambridge, UK, where he earned his PhD. He then completed medical school at Stanford University. Next year Dr. van Roessel will be an inpatient attending on PI 5 South. He will also do outpatient clinical work with the Columbia University Medical Center student mental health service and have a part time private practice.



## Residents' Corner – Ryan Lawrence, PGYII

The pursuit of medicine sometimes requires that a clinician weigh ethical issues. Imagine a patient arrives to the emergency room after a deliberate medication overdose, holding a suicide note asking not to be resuscitated. If her actions were the result of careful deliberation, and appear to be a rational choice, should her wishes be honored? The scenario might induce a fainting spell in most first year residents, but Ryan Lawrence, MD, is drawn to such ethical dilemmas and questions. So much so, in fact, that last year he volunteered to do a presentation on "Rational Suicide" to an intimidating gathering of the medicine house staff at NewYork-Presbyterian Hospital. The question Dr. Lawrence put before the group was, "Can anyone rationally choose to end his/her life?"

"Bioethics these days is dominated by the idea of patient autonomy and wanting to respect patients' wishes. At the same time, as physicians we are in a position of trying to protect patients from diseases and sometimes, especially in psychiatry, we try to protect them from themselves."

His interest in ethics started at Gordon College in Massachusetts. There he majored in chemistry and was a visiting scholar at Oxford University where he studied bioethics. Following college in 2003, Dr. Lawrence studied theology at Gordon-Conwell Theological Seminary. "I learned about moral frameworks, and about how people approached these issues, theology being one of the ways to approach these ethical questions."



Science and religion have often been viewed as incompatible. Should religion enter the discourse in any patient-doctor interaction? "I'm inclined to engage with patients about religion and I want to listen closely to what they believe or don't believe, and how that affects their clinical care," said Dr. Lawrence. While in Theology School, he was a hospital chaplain for a year and found that talking to patients about religious issues was a lot easier when he wasn't wearing a white coat. The traditional doctor's garb seemed to suggest to patients that spiritual or religious matters were off limits, or of little interest to the physician. The challenge of crossing that spiritual divide did not dissuade Dr. Lawrence from pursuing his interest in medicine, although full-time ministry did cross his mind, if only for a brief moment "when I was studying for the MCAT and paying my application fees." He added, "For me, I thought the opportunity to study medicine would be more intellectually stimulating and more challenging. I thought it would be a better fit for me long-term."

After enrolling at The University of Chicago Pritzker School of Medicine in 2006, Dr. Lawrence (working with Farr Curlin) surveyed physicians about their religious commitments and their ethical beliefs. The findings raised questions about the role of religion in the doctor-patient interactions. "Increasingly clinicians are talking about religion, or at least are making it easier for patients to express their views on faith."

When it came time to start his residency, Dr. Lawrence was eager to connect with one of the department's foremost experts on ethics and sent

an email to Paul Appelbaum, MD, Director of Law, Ethics and Psychiatry: "He described his long-standing interest in ethics and his desire to make that an academic focus of his work. We designed a review of the literature on attitudes towards genetic testing for psychiatric disorders, and Ryan took the lead in finding the studies, summarizing the data and writing the first draft of the paper. He was a pleasure to work with, and I'm pleased to say that the paper was accepted for publication and should appear later this year."

So, what would he recommend to the young psychiatrist faced with the ethical dilemma he presented to the house staff? "I think it's always appropriate to challenge suicidal thoughts, and not to promise to allow the patient to end his or her life. It would require you to know far more about what's going on in the patient's mind than you're capable of knowing in order to agree that they're making a rational choice."



## The Public Psychiatry Fellowship

The Public Psychiatry Fellowship (PPF) is celebrating its 30th anniversary in 2011. PPF has graduated approximately 250 Fellows over the past three decades, and continues to attract ten top candidates nationally each year. In the past five years PPF faculty have consulted on the development of 14 other public psychiatry fellowships, four of which are being run by PPF alumni.

This year also saw the development of a new Program for Public Psychiatry Education, with Jules Ranz, as director, Dr. Stephanie LeMelle, MD as co-director, and Michael Weinberg, EdD as Research Director.

Congratulations to all of this year's Public Psychiatry Fellowship graduates, to the Fellowship Program, and Program Director Dr. Ranz!

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@nyspi.columbia.edu](mailto:morrisd@nyspi.columbia.edu).

## 1950s

**Laurence T. Beahan, MD**, class of 1959, is retired and living in Buffalo, NY, where he is active in the environmental movement as Conservation Chair of the Niagara Group of the Sierra Club and Secretary of the Niagara Frontier Chapter of the Adirondack Mountain Club. He has published three books on the Adirondacks and one on Allegany State Park.

## 1970s

**Joseph Napoli, MD**, former Chief Resident and member of the class of 1976, has been elected Area 3 Deputy Representative for the Assembly of the American Psychiatric Association. He is Past President of the New Jersey Psychiatric Association (NJPA) and former NJPA Representative to the Assembly. Dr. Napoli also received the New Jersey Psychiatric Association Golden Merit Award.

## 1980s

**Rosalie Greenberg, MD**, class of 1980, just created and is hosting a cable show called "Kids First" for HomeTowne Television, based in Summit, New Jersey. The program airs in 30 towns and over 200,000 households. The show's website is [www.Kidsfirstgrmd.com](http://www.Kidsfirstgrmd.com).

Class of 1983 graduate, **Jonathan Silver, MD**, was named one of New York Magazine's Best Doctors for 2011 and he has a new book, Textbook of Traumatic Brain Injury, 2nd Edition. <http://appi.org/SearchCenter/Pages/SearchDetail.aspx?ItemId=562420>

A member of the graduating class of 1985, **Cheryl Cottrol, MD**, shares that upon leaving PI, she completed another residency in neurology. Now she works with combat veterans at Yale's National Center for PTSD, does work on Alzheimer's in the pharmaceutical industry and has a private practice. She adds, "My two children are young, ages 3 and 1. We enjoy exploring the world together."

## 1990s

Class of 1998 graduate **Jerald Block, MD**, is the Medical Director for Portland VA Rural Mental Health. He is also a Major in the US Army Reserve with an upcoming deployment to a Combat Stress Control unit in Afghanistan.

**Andy Lotterman, MD**, 1996 graduate of the Columbia Psychoanalytic Center, will leave his position at the Washington Heights Community Service after 26 years on September 30. He adds: "The Psychological Mindedness Scale (which I developed in 1979) is being used in Scotland for research. I'm also working on the second edition of a book I wrote *Specific Techniques for the Psychotherapy of Schizophrenic Patients*." In September, his article "Why It Is a Good Idea to Do Psychotherapy with Schizophrenic Patients" will be published in the *American Psychoanalyst*.

## 2000s

After graduating from the Cornell/Columbia Child and Adolescent Psychiatry Fellowship, **Karimi Mailutha, MD**, who is a 2009 graduate of the residency program, reports that she has taken a position as a psychiatrist with the Columbia University Counseling and Psychological Services Center. She is also doing private practice with children and adults on the Upper West Side.

Class of 2009 graduate **Sara Nash, MD**, is on faculty at Columbia, splitting her time between working as an attending on the Consultation-Liaison Service and serving as a psychiatrist to the Harkness-6 HIV clinic at NYPH. "In terms of my personal life since graduation, my husband and I were thrilled to welcome into our family a second daughter, Elana Rachel, on August 25, 2010. She joins her big sister Gabrielle, now 3, and the two of them keep us very happy and busy!"

**Russell H. Tobe MD**, (2009 Adult Residency graduate and Child Residency graduate 2011) recently became Medical Director of Outpatient Research at the Nathan Kline Institute for Psychiatric Research.

**Beata Zolovska, MD**, class of 2010, is engaged and has started a private practice in Union Square and Park Slope, Brooklyn.

## 2011 Alumni Award

This year the Alumni Association has chosen two winners of the Alumni Award – Stan Arkow and David Lowenthal. Among an enormously productive alumni faculty, they have both gone above and beyond to maintain and improve the excellence of our clinical services at PI and the hospital.

**Stan Arkow, MD**, is the Director of Inpatient Psychiatry in the Milstein Pavilion at NewYork-Presbyterian Hospital/Columbia University Medical Center and Associate Clinical Professor of Psychiatry at Columbia University, College of Physicians and Surgeons.

**David Lowenthal, MD, JD**, is the Clinical Director of New York State Psychiatric Institute and Director of the Washington Heights Community Service.



Director Jeffrey Lieberman, MD with award winners David Lowenthal, MD,JD, Stan Arkow, MD, and Alumni Association Co-Chair David Kahn, MD



## Participating in a Research Study / Conducting a Research Study: The View from Both Sides

Participants in research studies help others by contributing to medical research. They also 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 parent whose adolescent is enrolled in a research study examining the effectiveness and safety of lithium for bipolar disorder. Dr. Moira Rynn, Director of the Children's Day Unit, discusses the aims of this National Institute of Child Health and Human Development (NICHD)-sponsored study and the potential benefit of learning more about lithium treatment in children and adolescents.

### A Parent's Perspective

It was last summer when Vicky (not her real name), a parent of a 16 year old study participant, noticed the signs that something wasn't quite right with her daughter. After sharing her concerns with her husband, they decided together that their daughter Anna needed help. "She started to crash," is how Vicky phrased it. It wasn't just normal teenage rebellion. Yes, some teens have been known to push the limits of their parents' authority, staying out late, skipping a class here and there. But Anna had missed critical exams at school. She once stayed out until 4 a.m. and started dabbling in drugs to mask what she was feeling, her mom said.

"Things were going from bad to worse," Vicky added. Her husband found a child psychiatrist, who Anna started seeing reluctantly. She started taking medication but it didn't make her feel good so, unbeknownst to her mother, she took it sporadically. Finally, her doctor determined that Anna had to be hospitalized. Immediately. Anna wasn't sleeping well, was behaving erratically, and participating in risky behaviors. The family was referred to NewYork Presbyterian's emergency room where child psychiatrist Dr. Lou Baptista evaluated their daughter. Only then, said Vicky, did they hear the

term "bipolar disorder" used in reference to Anna. Something clicked; Vicky thought that what she was hearing made sense. But when Dr. Baptista told her about Dr. Moira Rynn's study she was still skeptical. So, like any good parent, she talked to someone she trusted about it – "I wanted to cover all the bases" – and was advised to give research a try.

After meeting with Dr. Rynn, Vicky says she found her a capable and trustworthy individual: "I got the impression that they care." After being reassured about the research, her concerns shifted to the lithium, a medication Vicky knew very little about. "I don't like pills in general, but I trust medicine," she said. What she's learned through her daughter's participation in the study has helped. Vicky said that now she is not only more knowledgeable about her daughter's diagnosis, but she understands the risks and benefits of the medication. "There are all kinds of outcomes," she said, forming a wide arc with

both hands. "It's good to be educated."

Anna is nearing the end of the first phase of the study so neither she nor her mother know whether she's on placebo or lithium. Still, Vicky said she sees some positive change: "She (Anna) has highs and lows – it's the nature of what she's going through, but definitely she's softer, more compliant. She takes the medication." That doesn't mean that Anna has morphed into the perfect teenager. She still sometimes complains about sacrificing the lazy days of summer for therapy sessions, medication treatments and blood draws to monitor her kidney and thyroid function. Vicky maintains, though, that her daughter understands why she needs treatment.

Vicky's advice to parents who may be contemplating the next steps for their son or daughter is, "I would highly recommend it [the research] - money-wise, the support, everything." She recounted that one of the benefits of the study is its location on the Children's Day Unit, which

has a school on-site that allows children to continue with their studies while enrolled in research. For the family dealing with a sick child on a daily basis and not always agreeing about how to approach the problem of getting treatment, Vicky advises "It's very important for parents to be on the same page." For her it wasn't easy, but "We're a team now" she says.



### A Researcher's Perspective

Moira Rynn, MD, is a child psychiatrist and Director of the Children's Day Unit which conducts treatment research in the area of pediatric mood and anxiety disorders. Dr. Rynn's team at Columbia is one of several academic sites participating in this study examining the safety and efficacy of lithium for the treatment of pediatric bipolar disorder in children ages 7 to 17. This diagnosis has triggered national debate with regard to the growing rates of children diagnosed each year. It can be a devastating illness for the child and a heartbreaking one for the parents and other family members grappling with the how's and why's. Current treatment guidelines follow those for adults and no large studies to

date have examined the effects of long-term use of medications like lithium in the pediatric population.

"I think in the pediatric field, it's an underused compound," said Dr. Rynn. "Clinically it appears to be an effective monotherapy treatment option for a child with bipolar disorder, mania or mixed, without psychotic symptoms."

There are two phases of the study, the first of which lasts 8 weeks. In this double-blind phase neither the treating doctor nor the patient knows

whether he/she is on lithium or placebo. The second phase is 23 weeks long. Children, who responded favorably to lithium in the first phase and children, who were on placebo and didn't improve are treated with lithium. Those children whose symptoms did not improve on lithium in phase one receive free treatment from the research team for three months. For those who were on placebo and showed improvement in their symptoms, the research team monitors their progress for the remainder of the study.

For more information about participating in research studies, visit our website at [www.ColumbiaPsychiatry.org](http://www.ColumbiaPsychiatry.org), or call 212-305-6001.

## Faculty Workshops at PI: Sharing Intellectual Resources *(continued from page 3)*

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, to enhance motivation, and to build problem solving and social support skills that patients can use to overcome barriers to treatment adherence.



the Lieber Clinic, presented data regarding the potential importance of glutamate and the NMDA receptor in the pathogenesis of schizophrenia as well as for potential new treatments.

Dr. Kantrowitz also reviewed ongoing work involving mismatched negativity in schizophrenia and its possible relation to observed deficits in the recognition of emotional pitch in voices. Cheryl Corcoran, MD, the Director of The Center of Prevention and Evaluation (COPE), an outpatient research program designed to evaluate, treat and better understand the prodromal symptoms of schizophrenia, reviewed many of the Clinic’s research accomplishments and findings since its formation at NYSPI almost 10 years ago. She also described proposals for future clinical trials that will build upon the work that has been done at the Center, particularly work focusing on the processing speed deficits observed in schizophrenia. Finally, Daniel Javitt, MD, PhD, a widely renowned researcher in schizophrenia and the new Director of the Division of Brain Stimulation, presented significant research findings with which he has been associated as well as ongoing work with transcranial direct current stimulation. All of the presentations were followed by robust question and answer sessions, as the workshop went well over its allotted time slot due to the obvious interest and enthusiasm of both the presenters and the audience.

### Perinatal Mental Health at Columbia

The Women’s Program at Columbia focuses on psychiatric and emotional health throughout the female reproductive life cycle, with a particular emphasis on



pregnancy and the postpartum. The workshop highlighted the Program’s educational, clinical and research endeavors as summarized by Elizabeth Fitelson, MD, Lucy Hutner, MD, John Sahs, MD, and Catherine Monk, PhD. The presenters have found that there is an overwhelming need for the services they provide. In fact, the referrals that they receive are often in acute need of care.

While perinatal mental health is a growing field that straddles different disciplines and addresses key issues related to the emotional well-being of women and the healthy development of their children, there are only a handful of programs in existence. Columbia’s Program is invested in getting families into treatment and continues to direct resources to shoring up its educational and research initiatives.

*Other workshops focused on: **Eating Behavior in Patients with Eating Disorders and Beyond: Recent Studies from the BSU and Personalized Medicine in Psychiatry—The EMBARC Collaborative Study (Establishing Moderators and Biosignatures of Antidepressant Response for Clinical Care).***

### Novel Treatments for Schizophrenia and Its Prodrome

This workshop consisted of four presentations by four investigators in the Division of Brain Stimulation. Jacob Ballon, MD, a Fellow in Schizophrenia Research, focused on the pathophysiology of antipsychotic-induced weight gain in patients. Specifically, he spoke about the design of several studies that are underway or currently proposed to examine what has become one of the major issues in the treatment of patients with psychotic disorders. Dr. Ballon emphasized both the importance of these studies to the field as well as the problems associated with conducting clinical trials in this area. Joshua Kantrowitz, MD, the Director of

