

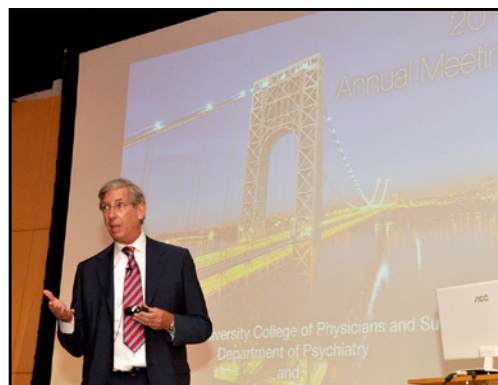
# InPsych

Summer, 2013



## NYSPI/Columbia Psychiatry 2013 Annual Meeting

In the first few minutes of his annual review, NYSPI Director and psychiatry department chairman Jeffrey Lieberman, MD, highlighted the extraordinary quality of our residency training programs, noting that nearly 1,000 applicants vied for just 11 spots in the adult residency program.



the past year the Child Psychiatry clinical service at NewYork-Presbyterian Hospital received the Patient-Centered Care Award for highest quality care of any department on the CUMC campus.

**Research Report:**  
**David Strauss, MD**

The training program's achievements are matched by the department's accomplishments in research. For the sixth consecutive year, NYSPI/Columbia Psychiatry received the highest amount of funding from the National Institutes of Health (NIH) compared to all other psychiatry departments. In addition to federal funding, "we've maintained our level of NYS funding despite a much

more difficult environment and much greater competition, which is just extraordinary," said Dr. Lieberman speaking of funding from the state Office of Mental Health. He went on to note his gratitude to the Governor and to the OMH administration for the support that is critical to NYSPI's ability to carry out its research mission.

Clinical program achievements are no less impressive and in

Echoing Dr. Lieberman's acknowledgement of our gratitude to the State, Dr. Strauss noted that NYS support of our research endeavors include not only providing research scientist lines but also helping in the extensive renovation of NYSPI's laboratories, which were first built in 1978 and are due for an upgrade.

*(continued on page 5)*

## In This Issue

- 2..... Message from the Chairman & Director Jeffrey A. Lieberman, MD; Clinical News
- 3..... Awards & Recognitions
- 4..... New Appointments
- 5..... Research News & New Grants
- 6-7...Development & Special Events
- 8.....Alumni News
- 9-10... Education News
- 10-11..Research News
- 12... In Memoriam & Departmental Reading List

*InPsych* Editorial Office:

Leigh Ann Brienza, David Hellerstein,  
Dacia Morris, Ray Smith,  
Eve Vagg, Rachel Yarmolinsky

Questions or comments to  
[yarmoli@nyspi.columbia.edu](mailto:yarmoli@nyspi.columbia.edu)

Columbia University  
Department of Psychiatry

New York State  
Psychiatric Institute

## Diabetes Drug May Help Control Weight Gain in Schizophrenia Patients

Metformin, a drug used for diabetes, may have an important role in diminishing the adverse consequences of obesity and metabolic impairments in patients with schizophrenia. That was the finding from a study by Jeffrey A. Lieberman, MD and T. Scott Stroup, MD, MPH at Columbia Psychiatry/New York State Psychiatric Institute, and researchers at the University of North Carolina, published online July 12 in the *American Journal of Psychiatry*. In a double-blind study, 148 overweight patients with chronic schizophrenia or schizoaffective disorder were randomly assigned to receive 16 weeks of metformin or placebo. Metformin was titrated up to 1,000 mg twice daily, as tolerated. All patients continued to receive their pre-study medications, and all received weekly diet and exercise counseling. The primary outcome measure was change in body weight from baseline to week 16.

Fifty-eight patients who received metformin and 58 who received placebo completed 16 weeks of treatment. Mean change in body weight was -3.0 kg for the metformin group and -1.0 kg for the placebo group. Metformin also demonstrated a significant between-group advantage for body mass index, triglyceride level, and hemoglobin A1c level. Metformin-associated side effects were mostly gastrointestinal and generally transient. "Metformin was modestly effective in reducing weight and other risk factors for cardiovascular disease in clinically stable, overweight outpatients with chronic schizophrenia or schizoaffective disorder over 16 weeks," the researchers concluded. "A significant time-by-treatment interaction suggests that benefits of metformin may continue to accrue with longer treatment."

*Funding for this study was provided by the National Institute for Mental Health (N01MH-90001).*



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

### Collaboration and Community

The Columbia Psychiatry Annual Meeting provides an opportunity for us to review the state of our department and institute. We come together as a diverse and multidisciplinary faculty and staff to take stock of our challenges and successes, plan for our future, and celebrate our achievements. As we prepared for

the meeting this past June, gathering information from every part of our vast and impressive organization, I was struck by how collaborative and interactive we have become. Every one of our divisions and centers collaborates with one or more other divisions and centers, and our clinical services across our three systems of care (state, university, hospital) are starting to align and interact. Collectively, we collaborate with no less than 55 schools, departments and programs at Columbia University and at the Medical Center. And we have multiple collaborations with at least 68 universities in the United States and 38 foreign universities.



In no instance do we as individuals come together more effectively than to meet challenges. This was dramatically demonstrated in our excellent results on the Joint Commission (TJC) accreditation survey that we underwent the very same week as the annual meeting. Successfully meeting TJC standards requires coordination among every level and division at NYSPI. I am deeply appreciative of the work that goes into maintaining our superlative quality of care, and of the organizational ability - led by Amy Bennett-Staub, Deputy Director for Quality Management, Stu Linder, Deputy Director for Administration, and David Lowenthal, Clinical Director - that keeps us at such a high level.

Hard as it can be to look beyond the daily routine, it is clear that we are paying more attention to the activities of our colleagues. Just a few years ago at our institute-wide strategic planning sessions following the 2011 annual meeting, many of the observations characterized NYSPI/Columbia Psychiatry as "siloeed" or "balkanized." To large extent those criticisms have disappeared. Instead we are increasingly engaged with cross-divisional activities, and collaborations across the city, the state, the country and the world.

We are a community encompassing faculty, staff, trainees, patients, volunteers, donors and friends. Collaborating, working together, we make a collective whole, which is, as I have often said, much greater than the sum of its parts.

## Clinical Services: Building Upon Our Strengths

With his appointment as the Associate Vice Chair for Clinical Services, Grant Mitchell, MD will be focusing on integrating and expanding clinical services in a department with an incredible list of achievements. Dr. Mitchell understands that the success of our clinical programs starts with leveraging the tremendous insights gained from research studies so that clinicians can deliver the best evidence-based care to patients. "In the same way that research drives improvements in clinical care, great clinical programs provide opportunities for research and education," said Dr. Mitchell.

With a process underway to build a database of services and the distinct populations served, Dr. Mitchell will begin to look at how to enhance services as well as "making sure that we're delivering services in the most effective and efficient manner." Integrating behavioral health into overall health services will continue to be a priority as will making our clinical services more accessible to the larger medical center community. In addition, Dr. Mitchell appreciates that becoming more accessible is an issue that extends beyond the department's front doors.

"We have an opportunity in this community to more effectively coordinate state and community services along the lines suggested by the acting commissioner of the NY State Office of Mental Health." The New York State Psychiatric Institute (NYSPI) and the department of psychiatry have a long history of service within the community; the Washington Heights Community Service provides outpatient care for the seriously mentally ill in upper Manhattan. Increasing access to high-quality mental health services may foster an even greater appreciation over the long term for the broad array of clinical services the department offers.

"OMH recently announced a proposal to create Centers of Excellence across New York State," noted Dr. Mitchell. "I think it's exciting that the plan recognizes the NYSPI as a research center of excellence." He added, "It's great for the people we serve and for the mental health system."

Add that endorsement of the department's research acumen to the richness of its collaborations across research groups both within the department and globally and you have a powerful engine for driving a world-class clinical program. Dr. Mitchell is confident that the department can just as effectively build even stronger bridges between our research and clinical programs. And he's eager to help. He spent significant time during his first week on the job meeting with faculty, who had a lot to say about what direction the department's clinical services should take. "This is an exciting time to expand our already exemplary patient care."



**Anke A. Ehrhardt, PhD**, Vice Chair for Faculty Affairs at Columbia Psychiatry, and Director of the Division of Gender, Sexuality and Health, chaired a panel discussion on “The Neuroscience of Gender” focused on the question of

how sex hormones influence male and female behavior. The event was sponsored by the German Center for Research and Innovation with RWTH Aachen University. The German Center provides a platform for German science, research, innovation and research-based companies ([www.germaninnovation.org](http://www.germaninnovation.org)).

The panelists included leading neuroscience experts from Germany and the United States discussing the neural and hormonal basis of gender differences in behavior. In addition to Dr. Ehrhardt, participants included German Center for Research and Innovation Director Dr. Joann Halpern; Dr. Bruce S. McEwen, Alfred E. Mirsky Professor and Head of the Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology at The Rockefeller University in New York; and Dr. Ute Habel, Professor of Neuropsychological Gender Research with the University Clinic for Psychiatry, Psychotherapy, and Psychosomatics at RWTH Aachen University.

<http://gendersexualityhealth.org/research/development/TheNeuroscienceofGender.html>

**Alexander Harris, MD**, (Integrative Neuroscience) received the American Psychiatric Foundation Schizophrenia Research Fellowship by Genentech Inc. The award was presented at this year’s American Psychiatric Association meeting in San Francisco.



At a Gay Pride ceremony at Queens Borough Hall on June 26th, **Joyce Hunter, PhD** (Gender, Sexuality and Health), was presented with three awards by Queens Councilman Jimmy Van Bramer. She received a Citation of Honor for “her many years of activism and work in the health care and mental health fields, working in a variety of capacities to help educate and protect LGBT persons from

HIV/AIDS.” She also received a Certificate of Recognition for “exhibiting outstanding leadership in the NYC LGBT Community,” and a Citation for “exemplary service to community.”



(Pictured left to right: NYC Council Member Jimmy van Bramer, Janice Baer, Dr. Hunter,

NYC Council Member Daniel Dromm and Queens Borough President Helen Marshall.)

**Daniel Javitt, MD, PhD** (Experimental Therapeutics) was a co-recipient of the APA Award for Research in recognition of his contributions to the NIMH-funded TURNS program for new treatment development.



At the graduation ceremony of Child Psychiatry residents, **Heino Meyer-Bahlburg Dr. rer. nat.** (Gender, Sexuality and Health) received 2 awards: the Faculty Teaching Award 2013 “In recognition of his dedication to training and education,” and the Best Mentor Award by the Residency Training Program Class of 2013.



The 2013 Physician of the Year Award was presented to **Mark Nathanson, MD**. Recipients are chosen by Columbia University Student Medical Outreach (CoSMO). CoSMO is Columbia University’s free, student-run primary care clinic that functions solely through the generous volunteer efforts of students and physicians at the Medical Center. The Physician of the Year award recognizes the physician that dedicated the most time, passion, and enthusiasm to both patient care and education, thus reflecting the dual missions of CoSMO.

**Tarique Perera, MD**, (Geriatric Psychiatry) was elected President of the Clinical TMS Society. This society has an international membership and promotes the clinical practice of TMS across the world.



2013 adult residency program graduate **Gaurav Patel, MD**, received an American Psychiatric Foundation Schizophrenia Research Fellowship for research on visual system function.

**Daniel Schechter, MD**, (Developmental Neuroscience) and his colleague Sandra Rusconi Serpa at the University of Geneva Division of Child & Adolescent Psychiatry, have together been selected as one of the three 2013 winners in the International Psychoanalytic Association’s Psychoanalytic Research Exceptional Contribution Awards for their co-authored paper, “The Relationship Between Early Attachment Disturbances and Maternal Traumatization: Understanding Disturbances of Mutual Affect Regulation with An Eye Towards Specific Intervention.” This paper will appear in the book, *Early Parenting Research and Prevention of Disorder: Psychoanalytic Interdisciplinary Research at Frontiers*. The award was presented at the IPA Prague Congress in August.



**Zena Stein, MA, MB, BCh**, received an honorary doctor of science from Columbia University. A native of South Africa, advocate of social justice and early opponent of apartheid, Stein is an award-winning pioneer in research and patient care related to mental retardation and child development, prenatal nutrition and postnatal outcomes, and famine and starvation. Most recently, her research has extended to prenatal and perinatal HIV infection and HIV infection in women. A Columbia faculty member since 1965, Stein is professor emerita of epidemiology and psychiatry at the University’s Mailman School of Public Health and former co-director of the HIV Center for Clinical and Behavioral Studies at the New York State Psychiatric Institute.

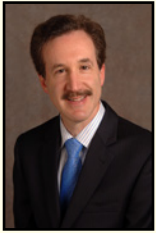


**Center for Practice Innovations<sup>SM</sup>**  
at Columbia Psychiatry  
New York State Psychiatric Institute  
*Building best practices with you.*

**The Center for Practice Innovations (CPI)** (Mental Health Policy and Services Research) reached a milestone this spring when 100,000 training modules were completed by users. CPI’s training initiative helps clinicians throughout the State gain skills to help people with co-occurring mental health and substance use disorders (COD). The FIT initiative (Focus on Integrated

Treatment) uses interactive, web-based modules to provide training on evidence-based treatments for individuals with these co-occurring disorders and to hone competencies in core skill sets such as motivational interviewing and screening for substance use disorders. Beginning in 2009 the New York State Office of Mental Health and the Office of Alcoholism and Substance Abuse Services (OASAS) jointly funded FIT as a means of bringing this training to front-line staff and supervisors in more than 1,200 OMH-licensed and OASAS-certified clinics across the state.

**Grant E. Mitchell, MD**, was appointed Associate Vice Chair for Clinical Services in the Department of Psychiatry and New York State Psychiatric Institute, effective July 1, 2013. Until his appointment, Dr. Mitchell



was Commissioner of the Westchester County Department of Community Mental Health since 2006, providing leadership and oversight of services in the areas of mental health, substance abuse, developmental disabilities, and children's services.

In his new role at Columbia Psychiatry, Dr. Mitchell will oversee and direct the clinical services of the three institutional components on the Health Sciences Campus, including services at NewYork-Presbyterian Hospital, Columbia University Medical Center, and New York State Psychiatric Institute. He will focus on the integration of our multiple clinical services, settings and systems of care thereby enhancing their synergies and efficiencies. In addition, he will work on identifying opportunities to enhance clinical revenue, including a financially viable managed care-based business model, and overseeing their effective implementation.

Dr. Mitchell is a graduate of Vassar College and received his medical degree from New York Medical College. He completed his residency in Psychiatry and was chief resident at New York Medical College from 1986-1990. For a number of years, he was chief of the department of psychiatry at Sound Shore Health System, an affiliate of New York Medical College, planning and developing all programs and services from the inception of the department (which he was instrumental in establishing). During the succeeding years, he was active in clinical practice and was CEO of Prime Care, a multidisciplinary behavioral health group practice from 1996 to 2007. Through these work experiences Dr. Mitchell has gained extensive expertise in managing large group practices and integrating behavioral health and primary care.

**Helle Thorning, MSW, PhD**, has assumed the position of Director of the Assertive Community Treatment (ACT) Institute. The ACT Institute provides training and support to the 78 ACT Teams within New York State and serves a critical role in transforming services provided to people with serious



mental illnesses in New York State to enhance and maximize recovery. The ACT Institute is part of the Center for Practice Innovations (CPI) within the Department of Health Services and Policy Research at the New York State Psychiatric Institute (NYSPI) and Columbia University. Dr. Thorning's 29 years of social work practice, administration, teaching, training and research experience bring a unique blend of skills to this position and she is poised to take on the leadership of the ACT institute.

Dr. Thorning completed her bachelor's degree at the University of Copenhagen, her MSW at Columbia University School of Social Work, and her PhD from the School of Social Work at New York University (NYU).

Since 2006, Dr. Thorning has served as clinical professor, program chair of field education and Assistant Dean of Field Learning and Community Partnership at the Silver School of Social Work at NYU. In these roles she provided oversight for close to 1000 BS and MSW students engaged in internships throughout the New York Metropolitan Area, Westchester, New Jersey and Connecticut. She recently received a Health Resources and Services Administration grant to train students and mental health providers in primary and behavioral health care integration.

Prior to assuming her position at NYU she held the position of Director of Social Work at NYSPI from 1996-2006. She provided leadership for between 26-30 social workers in three outpatient clinics as well as four inpatient clinical services. She oversaw the social work internships for both masters and doctoral students. Guided by OMH's regulations and standards, she provided clinical supervision and training, maintained quality assurance and engaged in continuous quality improvement projects. In 1996 she co-founded and now co-directs the Center for Family Education and Resilience within the Department of Social Work.

**Ilene Wilets, PhD, CIP**, has joined Psychiatric Institute and Columbia as the new Executive Director of the NYSPI/Department of Psychiatry Institutional Review Board and as Assistant Clinical Professor of Medical Psychology (in Psychiatry).



As Executive Director, Dr. Wilets oversees the IRB, the staff and operation of the IRB office, and the Institute's Human Subject's Protection Program more broadly. She will focus her efforts on enhancing the functioning of the IRB, updating its policies and procedures, and working closely with Institute/Department faculty to improve the quality of review, reduce turn-around time, and reduce unnecessary investigator burden.

Dr. Wilets joins us from the Department of Emergency Medicine, the IRB, and the Bioethics Program of the Mount Sinai School of Medicine. At Mount Sinai, she served as Assistant Director of the Program for the Protection of Human Subjects, directed the program for IRB Training and Education, and chaired an IRB. As an investigator, regulatory expert, and research subject advocate, Dr. Wilets brings a balanced, efficient, pragmatic and investigator-friendly approach to IRB work.

Dr. Wilets earned her Masters in Human Learning and Cognition (Psychology) from Columbia University Teachers College and her PhD in Measurement, Evaluation, and Applied Statistics (Psychology) from Columbia University's Graduate School of Arts and Sciences. She received her Certificate in Bioethics and Medical Humanities from the Montefiore-Einstein Center for Bioethics.

## Researchers Identify Possible Neuronal Mechanism for the Development of Compulsive Behaviors in OCD Findings Could Help Identify New Treatment Approaches

Columbia Psychiatry researchers have identified what they think may be a mechanism underlying the development of compulsive behaviors. The finding suggests possible approaches to treating or preventing certain characteristics of obsessive-compulsive disorder (OCD).

OCD consists of obsessions, which are recurrent intrusive thoughts, and compulsions, which are repetitive behaviors that patients perform to reduce the severe anxiety associated with the obsessions. The disorder affects 2–3 percent of people worldwide and is an important cause of illness-related disability, according to the World Health Organization.

Using a new technology in a mouse model, the researchers found that repeated stimulation of specific circuits linking the brain's cortex and striatum produces progressive repetitive behavior. By targeting this region, it may be possible to stop abnormal circuit changes before they become pathological behaviors in people at risk for OCD. The



study, which was led by Susanne Ahmari, MD, PhD, assistant professor of clinical psychiatry at Columbia Psychiatry and the New York State Psychiatric Institute, was published in the June 7 issue of *Science*.

While the obsessions and compulsions that are the hallmarks of OCD are thought to be centered in the cortex, which controls thoughts, and the striatum, which controls movements, little is known about how abnormalities in these brain regions lead to compulsive behaviors in patients.

To simulate the increased activity that takes place in the brains of OCD patients, Dr.

Ahmari and her colleagues used a new technology called optogenetics, in which light-activated ion channels are expressed in subsets of neurons in mice, and neural circuits are then selectively activated using light delivered through fiberoptic probes.

“What we found was really surprising,” said Dr. Ahmari. “That activation

*(continued on page 12)*

## NewGrants

The National Human Genome Research Institute awarded a five-year P50 grant of \$5,259,631 to **Paul Appelbaum, MD** (Law, Ethics & Psychiatry) to support a new Center for Research on the Ethical, Legal and Social Implications of Psychiatric, Neurologic and Behavioral Genetics.

**Evelyn Attia, MD** (Eating Disorders) was awarded a NIMH grant in the amount of \$833,741. The five-year award will support her research study titled “Research Training in Biobehavioral Disturbances of Eating Disorders.”

**Elias Dakwar, MD** (Substance Abuse) received an R21 from NIDA for his study, “The Effect of Glutamatergic Modulation on Cocaine Self-Administration.” The two-year award totals \$426,267.

To fund her study “Substance Use/Abuse & HIV/STI Risk Behaviors in Puerto Rican Youth Growing Up,” **Cristiane Duarte, PhD** (Child and Adolescent Psychiatry) received an R01 from NIDA in the amount of \$2,514,634 over four years.

**Jonathan Javitch, MD** (Molecular Therapeutics) received an R21 from NIDA to fund his research study, “Single Molecule Imaging of Beta-2 Adrenergic Receptor Activation.” The total grant award is \$459,485 for two years.

**Brian Fallon, MD, MPH, Med.** (Clinical Therapeutics) received a \$50,000 grant award from The Lyme Disease Association for his grant proposal, “Neuronal Autoantibodies in Chronic Lyme Disease.”

An R21 NIDA grant was awarded to **Diana Martinez, MD** (Substance Abuse) for her study, “Imaging the Effect of rTMS on Brain Activity in Cocaine Abusers.” The grant totals \$414,578 over two years.

**Thomas Smith, MD** (Mental Health Services and Policy) received a one-year grant from The New York Community Trust. The \$85,000 award will be used to assess if using trained, stable mentally ill people on hospital treatment teams improves care of people with serious mental illness.

**Lindsay Elsa Tannenholz, MA**, (Integrative Neuroscience) was awarded an F31 from NIMH in the amount of \$81,872 to support her research study, “Acute Inhibition of Adult-born Granule Cells and its Effect on Antidepressant Action.”

## 2013 Annual Meeting *(continued from cover)*

There was much good news to highlight: Our ever-growing research initiatives are further sustained by collaborations both internal and external. In addition to forging relationships across divisions and centers at NYSPI, researchers continue to build partnerships across the medical center and the university.

“This kind of cross-training, co-mentorship cooperation between scientists engaged in different kinds of work is really critical because...research at the biological level and within each discipline drives discovery and

informs research at every other level,” said Dr. Strauss.

### Education: **Maria Oquendo, MD**

New developments in education include two new courses to the curriculum; the Global Mental Health and LGBT Mental Health courses will be led by Drs. Milton Wainberg and Walter Bockting, respectively. In addition, Dr. Maria Oquendo shared the news of the new Child Psychiatry rotation in the pediatric emergency room: “I think this is a really unique opportunity for residents

to continue to hone their skills in delivering psychiatric services imbedded in other types of healthcare delivery systems.” The program will continue its practice of the past five years of critically reviewing the training program, including a look at the types of rotations offered. Substance abuse researchers Fran Levin, MD, and Adam Bisaga, MD, were instrumental in securing a new rotation at Phoenix House, a well-known nonprofit drug and alcohol rehabilitation center.

*(continued on page 8)*

## GRAY MATTERS AT COLUMBIA SPRING BENEFIT LUNCHEON

On April 15, 2013, National Book Award winning author Andrew Solomon joined Jeffrey A. Lieberman, MD, and returning Mistress of Ceremonies Donna Hanover at the Gray Matters at Columbia Spring Benefit Luncheon at The Plaza Hotel. The sold-out crowd of over 450 guests raised over \$460,000.

Gray Matters at Columbia is a research fund within Columbia University Medical Center's Department of Psychiatry that provides support for outstanding scientists dedicated to searching for the causes and cures of brain disorders. The Spring Benefit Luncheon is the major annual fundraising event by Columbia Psychiatry to support research on brain disorders through the Chairman's initiatives for the department. Since its inception in 2007, it has raised funds to support chosen fellows who benefit from the extensive expertise of a peerless team of talented scientists that includes two Nobel laureates who serve as their teachers and mentors. It is organized and run by a dedicated volunteer committee and is a beacon of hope to all who struggle with brain disorders. "Research continues to be critical in advancing the development of life-saving treatments for psychiatric disorders," said Dr. Lieberman. "Support from families and committed citizens is more important than ever given the economic pressures and reductions in funding that researchers face."

Andrew Solomon is a celebrated writer and lecturer on psychology, politics, and the arts. He has won numerous awards for his writing including the National Book Award for *The Noon-Day Demon*, which was also a Pulitzer Prize finalist. His most recent book, *Far From the Tree: Parents, Children and the Search for Identity*, has received critical acclaim including the 2013 National Book Critics Circle Award for general nonfiction.



Donna Hanover, Andrew Solomon, Dr. Jeffrey Lieberman



Rosemarie Lieberman, Leonardo Farkas, Betina Farkas, Dr. Jeffrey Lieberman



Robert Candler, Marianne Mebane, Faye Robson, Rosemarie Lieberman



Dr. Anna Chapman



Charlotte Ford, Dr. Jeffrey Lieberman, Dr. Patricia Cayne



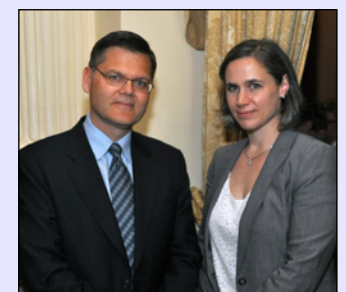
Emma Moinian, Shirin Moinian, Vajihe Soleymani, Farima Damavandi, Stephanie Moinian



Dana Buchman, Lori Rosenfeld, Sarah Long Solomon, John Habich Solomon



Betsy Frowein, Aspasia Zoumas



Curtis Milhaupt, Dr. Betsy Fitelson



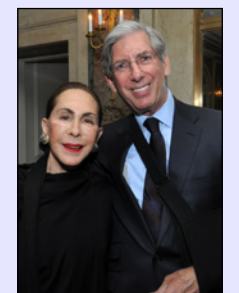
Carolyn Atkinson, Ann Thomas, David Horton, Yvonne Dunleavy, Amanda Bowman, Lyn Paulsin



Dr. Jeffrey Lieberman, Patricia Rosenwald, Andrew Solomon, Rosemarie Lieberman



Teresa Melhado, Charlotte Ford



Arlyn Gardner, Dr. Jeffrey Lieberman

## THE SECOND ANNUAL LEON LEVY NEUROSCIENCE FELLOWS SYMPOSIUM

The second annual Leon Levy Neuroscience Fellows Symposium was hosted by Columbia Psychiatry on April 29, 2013. Fellows from the five Levy institutions (Columbia Psychiatry, Memorial Sloan-Kettering Cancer Center, The Rockefeller University, Weill Cornell Medical Center, and NYU Langone Medical Center) discussed their research with a formal presentation by one representative from each institution. Meeting and hearing from all of the Levy scientists from across the New York area was especially valuable for the young trainees, who made the most of the chance to connect with colleagues and forge relationships beyond institutional boundaries. The fellows were joined by their mentors, heads of laboratories, and faculty at the symposium, which concluded with a poster session. Lee Goldman, MD, and Jeffrey Lieberman, MD, made welcoming remarks, and Nobel Prize winner Richard Axel, MD, served as the plenary speaker.



*Shelby White, Dr. Jeffrey Lieberman*



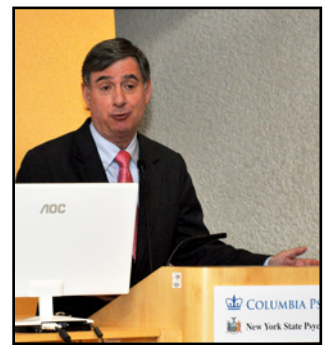
*Drs. Laurence Abbott, Gaurev Patel*



*Dr. Sean Escola*



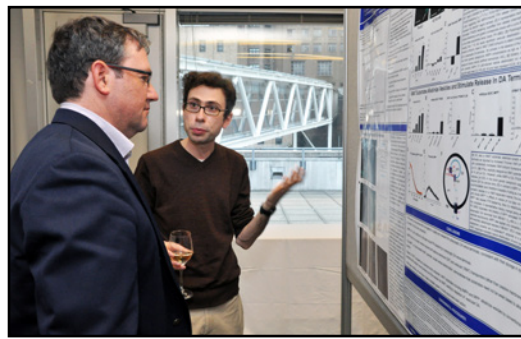
*Drs. Richard Axel, Jeffrey Lieberman*



*Dean Lee Goldman*



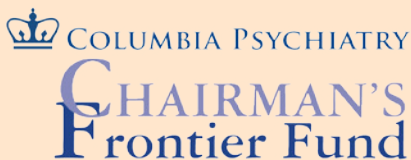
*Dr. Richard Axel*



*Drs. Joshua Gordon, Zachary Freyberg*



*Drs. Sean Luo, Gaurev Patel, Cori Bargmann*



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

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

To learn more about the Chairman's Frontier Fund or to make a gift, please contact Leigh Ann Brienza, Director of Development, at (212) 304-7227 or [lab2213@columbia.edu](mailto:lab2213@columbia.edu).

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

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

## 1960s

**David V. Forrest, MD**, (Class of 1968) gave a psychiatric Grand Rounds at Weill Cornell New York Hospital titled "The Lure of Slot Machines: Taxes, Trances, Transmitters and Transcendence." His talk "emphasized the dependence of so many states, including New York, on revenue from slot players, the biopsychosocial contributions to slot playing, and the opportunities for research in vulnerable populations."

At 75 years old, class of 1967 grad **Doug Skelton, MD**, maintains an active professional life as Vice Chancellor and Dean of Trinity School of Medicine in St. Vincent and the Grenadines, a position he assumed in 2012. He is tasked with bringing the school's programs in line with LCME standards being used by the Caribbean Accreditation Authority for Medicine. Previously he was Director of Public Health for Georgia's coastal counties. Dr. Skelton also writes that "Jane and I have two children and three grandchildren and live in The Landings on Skidaway Island, a barrier island off the Georgia coast."

## 1970s

1976 alum **Chuck Blackinton, MD**, is moving his practice back to Englewood, NJ after several years in Cape May County.

## 1980s

**Carol Bernstein, MD**, (Class of 1984) is currently Vice Chair for Education and Director of Residency Training in the Department of Psychiatry at NYU. "I was previously Associate Dean for Graduate Medical Education (GME) and the Designated Institutional Official for all of GME at NYU. I am a past President of the American Psychiatric Association (2010-2011), on the Board of Directors of the ACGME (Accreditation Council for Graduate Medical Education) and on the Board of Regents of the American College of Psychiatrists."

**Rosalie Greenberg, MD**, (Class of 1980), is a published author. "I recently published a collection of stories written by my mother Molly Greenberg (who passed away 18 years ago). She was a Holocaust survivor and barely spoke about her past until she took a senior citizen creative writing course at age 60. She survived by going to another town in Poland [and changing her name]." The name change along with her mother's blond hair and blue eyes

allowed her to pass as a Polish nanny. "I edited the stories and added some reflections. The book is called *Secrets in the Suitcase: Stories My Mother Never Told Me*."

## 1990s

After 19 years in Kingston, NY, **Ron Goldman, MD** (Class of 1990) moved his office to Rhinebeck. "I also am continuing to work part-time, doing psychiatric treatment at the Northeast Center for Special Care, a long term rehab facility for people with brain injuries."

Class of 1999 alum **Steve Hamilton, MD**, took a position as Psychiatrist with The Permanente Medical Group in January 2013, and now practices at the Kaiser Permanente San Francisco Medical Center.

## 2000s

Class of 2005 alum **Mark Bradley, MD**, shares that in May he was appointed director of the NYU Psychosomatic Medicine fellowship and director of the consultation-liaison service at the Manhattan Veterans Affairs hospital.

**Daniel Chrzanowski, MD** (Class of 2005 and 2007 child fellowship) has been in private practice in Manhattan since 2005. He also has a private practice in Chappaqua, NY where he sees children, adolescents & adults for psychotherapy & psychopharmacology.

**Christina Mangurian, MD** (Class of 2007) is Director of the University of California, San Francisco (UCSF) Public Psychiatry Fellowship program. She received the UCSF Hellman Family Award for Early-Career Faculty for "HIV testing among diverse populations with severe mental illness in California." Dr. Mangurian is a recipient of an NIMH Career Development Grant (K23) for her project, "Improving metabolic screening in diverse severely mentally ill populations." She is Chair of the APA Public Psychiatry Fellowship Selection Committee, as well as a member of the APA Council on Minority Mental Health and Health Disparities.

**Ankur Saraiya, MD** (Class of 2003) and his wife, Devi Thangavelu, MD, are happy to announce the birth of their son Dhilan Thangavelu Saraiya on June 13, 2013.

## 2013 Annual Meeting *(continued from page 5)*

**Clinical Services Review: Frederic Kass, MD**  
Dr. Kass linked the success of the clinical services at the medical center in part to collaboration with the education programs. The PI Residents' Clinic or PIRC, for example, provides a wide array of patients for residents to work with at NYSPI, and offers patients a first rate low-cost option for treatment. Among our extraordinary services, the CUCARD (Child Anxiety Clinic) Program continues to thrive and expand, as does the Day Treatment Program, now located in the new ColumbiaDoctors facility at 51 West 51st Street.

**Faculty Affairs Update: Anke Ehrhardt, PhD**  
Charged with coordinating promotions and appointments to the department as well as acting as a confidential resource for faculty and facilitating mentoring relationships, the Faculty Affairs team is devising ways to increase the diversity among new hires. Dr.

Ehrhardt reported progress towards gender parity but the department continues to struggle with obtaining candidates who are racial and ethnic minorities. To address that concern, Stephanie LeMelle, MD, and Adriane Birt, MD, were tapped to head a Diversity Task Force. Their recommendations will be presented to the administration this year.

**Administration & Finance: Avalon Lance**  
In the last year changes to the department's infrastructure – including an integrated central research administrative team – has resulted in significant improvements that have translated to an enhanced ability to carry out our three-part mission. Despite the challenging fiscal environment at the federal level, Ms. Lance reported that, in terms of financial sources, the department is stable and we've seen "a steady growth in endowments."

**Strategic Plan: Harold Pincus, MD**  
How are we responding to healthcare reform? To global mental health needs? Vice Chair for Strategic Development Dr. Pincus highlighted some of the strategic steps the department is taking, one of which is providing leadership for national policy initiatives. "We have a health policy fellowship that has fellows working in Nancy Pelosi's office, in the Surgeon General's office and in the medical director's office at CMS," said Dr. Pincus. That all contributes to further expanding our mission. Over the past year our global reach continued to grow as demonstrated by our unique collaboration with the World Health Organization (WHO) and an active and engaged faculty that is helping to guide WHO stakeholders on prioritizing research initiatives.



## Congratulations to our 2013 Adult Residency Program Graduates!

**Ravi B. DeSilva, MD**, a native of Kansas, studied biology at Boston College, earned a master's degree in anthropology at the University of Kansas, and his MD from the University of Rochester School of Medicine & Dentistry (URMC). While at Columbia, Ravi has worked with Roberto Lewis-Fernandez, MD, in cultural psychiatry contributing to the Cultural Formulation Interview in DSM 5 and pursued group psychotherapy training mentored by Henry Spitz, MD. He is now a member of the clinical faculty on 9-Garden North and is continuing to teach cultural psychiatry with Drs. Lewis-Fernandez and Neil Aggarwal.

**Ye Beverly Du, MD**, grew up in Troy, Michigan and earned her BA from Harvard University with a concentration in biology and a focus in neuroscience. She is serving as an attending in a community clinic and a refugee clinic. She is also Medical Director of the Intensive Outpatient Program at Ben Taub General Hospital and Assistant Professor at the Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine in Houston, Texas.

**Elizabeth (Liz) Evans, MD**, was born in North Carolina. She earned her BA in Psychology from the University of North Carolina at Chapel Hill. She obtained her MD from the University of Pennsylvania, School of Medicine. During residency, she worked with individuals at high risk for psychosis in the COPE clinic. She is now a Substance Abuse Research Fellow in the department.



**Carl E. Fisher, MD**, went to the University of North Carolina – Chapel Hill for undergraduate studies in music (vocal performance) and biology, and then spent a year in Seoul, South Korea doing neuroscience research and singing in an opera company. As a resident, he became more interested in the ethical, legal, and social issues associated with neuroscience and mental health. He remains at Columbia as a fellow in forensic psychiatry.

*(continued on page 10)*

## Residents' Corner: Leslie Marino, PGY-3



From working with NGO's and living with a Masai family in Tanzania to pursuing residency in psychiatry, Leslie Marino has not only earned herself an enviable bonus in miles but a lifetime of experience that others twice her

age might wish for themselves.

"I had wanted to be a doctor growing up, but when I went to college I felt that the pre-med courses were too constraining," said Dr. Marino, who grew up in a small town in Long Island. She felt there was just "a world of ideas" and experiences to explore and, besides, she never wanted the security and groundedness of the familiar anyway. Her father understood that about her.

"I do remember graduating from high school and my dad very clearly saying to me, 'This town is too small for you.'" She added, "He just knew at that point that I was really destined for something big." After undergrad at Boston

College, Dr. Marino focused on working with disadvantaged populations, diving into policy work that centered on nutrition and obesity and this interest took her first to Africa and later to Brooklyn.

There, she enrolled at SUNY Downstate College of Medicine's Master's program in Public Health and its medical school. Her psychiatry rotation at Kings County Hospital in Brooklyn was the beginning of something new: "Who could be more disadvantaged than people who have severe, persistent mental illness, no home, little family. It was a population that spoke to me," she recalled. Furthermore, she added, "It was one of the few fields in medicine where I felt like you actually were supposed to be sitting with patients for more than 10 minutes and to get to know them and to understand their lives. And that's what I had really wanted out of medicine to begin with."

As a third year resident Dr. Marino is at the point in her training where she can pursue a research study that matches her love of policy work. As an OMH Policy Scholar, she and her mentor Lisa Dixon, MD, MPH and other co-investigators will assess the effectiveness of a new Learning Collaborative to help implement evidence-based supported employment practices throughout

New York State. Can this support network of providers across the state effectively implement evidence-based practices in state-run mental health programs for the most severely ill and can it help them do so in the most cost-effective way?

"This is a completely new field of research for me. I did my MPH primarily in epidemiology and I spent 1 year at the CDC in Atlanta, GA doing epidemiology and secondary data analyses," said Dr. Marino. "This is a completely new skill set that I want to learn and eventually bring to a project that I'll ideally be doing on my own at some point in the future."

Dr. Dixon noted, "Leslie's depth of understanding of how the clinical encounter is just one piece of the overall picture of health is most impressive. She has an impressive breadth of knowledge. She is both gentle and incisive."

In terms of what the future holds, Dr. Marino envisions room for both clinical and research work: "I came to medicine because I just love working with patients and in this field it's amazing what you're able to do and accomplish with people over these long term relationships you have with them. I know that whatever I end up doing, it will include both research and clinical work."

**Congratulations to our 2013 Adult Residency Program Graduates!** *(continued from page 9)*

**Alan Hsu, MD**, grew up in western Pennsylvania and earned a BS in cognitive science from Carnegie Mellon University, then spent the next year as an AmeriCorps member tutoring adolescents with a variety of psychiatric disorders. While at Columbia, he developed an interest in caring for the psychosocial needs of patients with cancer, as well as in strategies to help oncologists optimize adherence to oral hormone therapies in breast cancer. He is pursuing these interests at Memorial Sloan-Kettering Cancer Center (MSKCC) and NewYork-Presbyterian/Weill Cornell Medical Center, where he has started a psycho-oncology and psychosomatic medicine fellowship and is serving as Fellow Liaison to the MSKCC Breast Cancer Center.

**Daniel P. Notzon, MD**, grew up in the Washington, DC area, before heading out to college at the University of California at Berkeley, where he studied neurobiology and ancient history. He spent a year working in the music business before returning to the east coast for medical school at Columbia, where he stayed on for residency. After graduation, he joined the Division on Substance Abuse at Columbia for a 2 year research and clinical fellowship to pursue his interests in clinical and translational research in addiction, and will be opening a small private practice near Union Square.

**Lauren M. Osborne, MD**, a native New Yorker, grew up in a family of musicians and actors and majored in history at Yale. After college, she worked in book publishing, eventually becoming a senior editor of nonfiction books (primarily history, biography, and women's studies) at Farrar, Straus & Giroux. While a resident she published a literature review on the role of the immune and inflammatory systems in perinatal psychiatric illness. She remains at Columbia in Dr. Catherine Monk's lab as a Postdoctoral Fellow in Affective and Anxiety Disorders.

**Gaurav H. Patel, MD, PhD**, completed his undergraduate studies at Washington University in St. Louis. He then joined the Medical Scientist

Training Program at the Washington University School of Medicine, where he studied the architecture of the visual attention control networks in the macaque using functional magnetic resonance imaging (fMRI) with Maurizio Corbetta and Lawrence Snyder. Since completing residency, he has joined the laboratories of Drs. Daniel Javitt, Charles Schroeder, and Michael Goldberg where he is studying deficits in the control of visual attention in schizophrenia.

**Lee A. Robinson, MD**, graduated from the University of Cincinnati College of Medicine where he studied Magnetic Resonance Spectroscopy data from children and adolescents with bipolar disorder. As one of the chief residents, he played an active role in residency development, working with faculty and fellow residents to evaluate and improve different aspects of the residency training program. He is pursuing a fellowship in child psychiatry and adolescent psychiatry at Cambridge Health Alliance.

**Emma Samelson-Jones, MD**, obtained her MD at the University of California, San Francisco. She has returned to San Francisco where she is working at Citywide Community Focus with clients with severe mental illnesses in an ACT team model, and developing psychiatric services at a soon-to-be-opened supported housing building for formerly homeless people. She has also joined the University of California-San Francisco as a clinical Instructor within a clinician-educator academic track.

**Luke White, MD**, graduated from Harvard College in 2003 with a BA in psychology, and then worked as a research assistant in the Developmental Gastroenterology Lab at Massachusetts General Hospital. Since graduating, he joined the Project for Psychiatric Outreach to the Homeless (PPOH) as an attending psychiatrist. He will be based in multiple locations throughout New York City including the 3rd Street Women's Shelter, The Tinton Residence, and Kelly Transitional Residence.

**ResearchNews****New Research Recommends Comparing the Effectiveness of Established Treatments**

According to a study in the June issue of the journal *Health Affairs*, there has been a decline in the extent to which new medical treatments are shown to be significantly more effective than placebos. The findings, says study co-author Mark Olfson, MD, MPH, "suggest that medical breakthroughs that offer large benefits above placebo are becoming less common. As a result, now may be a good time to emphasize research that compares established treatments with one another."

The study authors randomly selected and analyzed 315 placebo-controlled trials that were reported in four leading medical journals between 1966 and 2010. They found that the average effect size, as measured by the odds

ratio (which compares the odds of an outcome resulting from the treatment with the odds of that outcome in absence of the treatment) decreased from a peak of 4.51 (1971–80) to 1.36 (2001–2010).

While placebo-controlled studies are considered to be the gold standard for establishing treatment efficacy, the dwindling effect size over the roughly 40-year period supports the view that renewed attention should be given to research that compares treatments already known to be effective, in terms of outcomes that matter most to patients.

In light of the current study, notes Dr. Olfson, professor of clinical psychiatry at Columbia

Psychiatry and a research psychiatrist at the New York State Psychiatric Institute, comparative effectiveness research may be an important direction for future clinical research. "With apparently declining yield from placebo-controlled studies, it makes good sense to place greater emphasis on comparing two or more treatments that are known to be effective, to evaluate whether there are meaningful differences in their tolerability, safety, and costs."

*Funding for this research study was provided by Agency for Healthcare Research and Quality (Grant U19 HS021112).*

## Participating in 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 participant and from one of the doctors in a research study that is investigating how to improve treatment for patients with post-traumatic stress disorder (PTSD) by identifying biological markers for PTSD.

### A Participant's Perspective

Chris is a 26 year old veteran from a family with a military history dating back to the First World War. He considers himself a patriot, but he also saw military service as a way out of his small town. He added, "I didn't have the smarts or the money to get into college. I already tried community college but it just wasn't working for me."

But his enlistment was short-lived when, during basic training, he was sexually assaulted. "It was the worst experience of my life, but I did what I could to block it out," he said. However, throwing himself into his duties was not enough to stanch the emotional hemorrhaging he was experiencing. His drinking was out of control, he experienced headaches, his marriage was quickly falling apart and he came dangerously close to killing himself.

After discharge from the military, he moved back to the New York area; while job searching

on Craig's List, he came across an ad for one of Dr. Neria's post-traumatic stress disorder (PTSD) research studies. Though he knew he needed help, making the decision to enroll wasn't easy. "This took a lot of thinking but I was at a point in my life where – what choice did I have?" he thought.

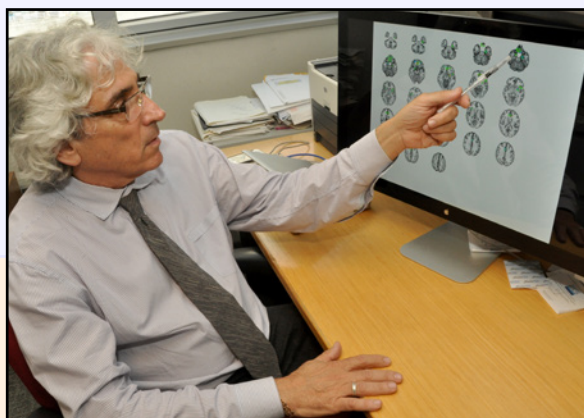
So he enrolled in a brain imaging study in which he received a 10-week course of Prolonged Exposure Therapy for his PTSD, one of the more effective of PTSD psychotherapies developed to date; and he's since completed the study. While his anxieties haven't completely improved, Chris maintains that "The main thing is that I am able to deal with them in

such a way that they're not going to hold me back in my life significantly."

Prolonged exposure has helped him reign in his anger, particularly the homicidal thoughts he harbored towards his assailant. While the prospect of consciously reliving a horribly traumatizing event instills fear in just about anyone, Chris said this about the exposure therapy he underwent as part of the research study: "You re-live it in a safe environment...Re-living them [the traumas] willingly is how you gain control over them."

In approximately 4 months of therapy, Chris now maintains that he can laugh where he couldn't before. He is able to sleep through the night. He is no longer triggered into anger, panic, or despair by daily events.

"... I will attribute this program to saving my life because I had one foot in the grave... If it wasn't for this [research study] I would probably be dead or in prison."



anger – and the prefrontal cortex. "Unfortunately, it seems that with PTSD there is not enough top down input from the prefrontal cortex to dampen down the amygdala," said Dr. Neria, as compared to the extinction ability in similarly trauma-exposed but emotionally resilient individuals.

When the amygdala becomes over-activated, it triggers a cascade of events. Reminders of his injury may cause an individual to feel anxious. This fear may lead to extreme avoidance and detachment from others, or self-medication with substances like alcohol and marijuana. Still others may be able to slowly recover on their own from these severe emotional injuries with a less significant psychological cost.

Using a fear conditioning and extinction paradigm during an fMRI scan, Dr. Neria is hoping to determine if the breakdown in function between the amygdala and cortical regions of the brain is normalized after PET, with or without serotonin selective reuptake inhibitors (SSRIs; the only FDA-

approved medications for PTSD) and whether this normalization can be sustained.

In a fear conditioning paradigm, a harmless cue (for example blue light) is paired with a fearful stimulus (for example, a low level electrical shock) so that after repeated exposure to the paired cue and shock, the individual is conditioned to experience discomfort/fear at the appearance of the previously harmless cue, the blue light, by itself.

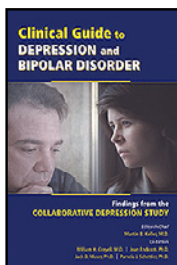
The type of extinction treatment used -- prolonged exposure -- is specifically designed to help individuals with PTSD "Identify the main trauma and then go back to the trauma and memorize it over and over until it doesn't provoke anxiety anymore." Significant avoidances that have arisen from the trauma are also challenged between sessions in a graded fashion beginning with more minor avoidances. The process of recovery is gradual and "once they are able to elaborate and discuss it fully... they are able to feel relief even after three or four sessions," added Dr. Neria. Most leave the program with the psychological tools necessary to continue their recovery and re-integration into hopeful, positive, and productive lives and relationships.

To learn more about this and other trauma-related studies, call 212-543-6514.

### A Researcher's Perspective

The National Institute of Mental Health is actively encouraging researchers to accelerate efforts to identify biomarkers for a host of illnesses including psychiatric disorders. These biomarkers are biologic clues as to the existence or progress of a disease. In psychiatry, identifying such clues would significantly aid diagnosis, treatment selection, and clinical monitoring, which at this point is solely guided by clinical history and interviews. Yuval Neria, PhD, Director of Trauma and PTSD, is currently leading an investigation to find biomarkers for post-traumatic stress disorder (PTSD) in an effort to define dysfunctional brain mechanisms resulting in its symptoms and utilize these biomarkers to more precisely assess and improve treatment response.

Not everyone who experiences a severe traumatic event develops PTSD; so in terms of those who do, the question is, could there be a flaw in their brain's ability to extinguish the fearful and disabling memories of the traumas they have experienced? Capacity to handle fearful ordeals, to keep them at an emotionally manageable level depends on a "successful dialogue," as Dr. Neria explains it, between a temporal lobe brain structure known as the amygdala -- the seat of emotions like fear and



## Clinical Guide to Depression and Bipolar Disorder: Findings from the Collaborative Depression Study

**Authors:** Martin B Keller, MD, William H. Coryell, MD, Jean Endicott, PhD, Jack D. Maser, PhD, Pamela J. Schettler, PhD

**Publisher:** American Psychiatric Press, May 2013

The Collaborative Depression Study is one of the longest (31 years) and most intensive follow-up studies ever done in psychiatry. The book provides a summary of the key findings that have influenced a reformulation of the nomenclature of mood disorders and a better understanding of their long-term course, including risk factors for chronicity and recurrence.

## Clinical Handbook for the Management of Mood Disorders

**Authors:** J. John Mann, MD, Patrick McGrath, MD, Steven Roose, MD

**Publisher:** Cambridge University Press, July 2013

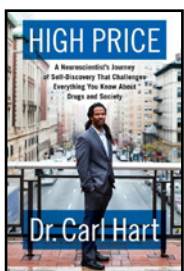
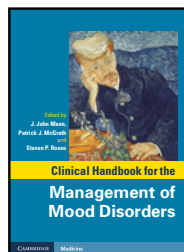
The Clinical Handbook for the Management of Mood Disorders is the most comprehensive review of depression available today. Written and edited by leading experts from Columbia University, this is an essential resource for anyone involved in the care and treatment of patients with mood disorders. It will equip clinicians with the knowledge to refine their diagnostic skills and implement treatment plans for mood disorders based on the most up-to-date evidence on interventions that work.

## High Price: A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society

**Author:** Carl Hart, PhD

**Publisher:** Harper, June 2013

A pioneering neuroscientist shares his story of growing up in one of Miami's toughest neighborhoods and how it led him to his groundbreaking work in drug addiction. As a youth, Carl Hart didn't realize the value of school; he studied just enough to stay on the basketball team. At the same time, he was immersed in street life. Today he is a cutting-edge neuroscientist—Columbia University's first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. A powerful story of hope and change, of a scientist who has dedicated his life to helping others, *High Price* will alter the way we think about poverty, race, and addiction—and how we can effect change.



## Researchers Identify Possible Neuronal Mechanism for the Development of Compulsive Behaviors in OCD

*Findings Could Help Identify New Treatment Approaches (continued from page 5)*

of cortico-striatal circuits did not lead directly to repetitive behaviors in the mice. But if we repeatedly stimulated for multiple days in a row for only five minutes a day, we saw a progressive development of repetitive behaviors—in this case, repetitive grooming behavior—that persisted up to two weeks after the stimulation was stopped.”

She added, “And not only that, when we treated the mice with fluoxetine, one of the most common medications used for OCD, their behavior went back to normal.” The current study, as well as others currently being

performed by Dr. Ahmari and her team, may therefore ultimately provide clues for new treatment targets in terms of both novel drug development and direct stimulation techniques including deep brain stimulation.

*The study was supported by grants from NIMH (K08MH087718; K24 MH091555), the Louis V. Gerstner, Jr. Scholars Program, the Irving Institute for Clinical and Translational Research, the Gray Matters Foundation, the Leon Levy Foundation, and a NARSAD Young Investigator Award.*

## In Memoriam

### Elmer L. Struening, PhD, 1924-2013



In 1969 Elmer L. Struening (known as ‘Moose’ to all) began a 40-year affiliation with the New York State Psychiatric Institute (NYSPI) and Columbia University. From 1976 to 2006, he served as

Director of the Epidemiology of Mental Disorders Research Department at NYSPi and held a faculty appointment at the Columbia University Mailman School of Public Health.

Dr. Struening had a lifelong interest in how stigma impacts individuals and their caregivers struggling with mental illness. Along with Dr. Jacob Cohen, he developed the Opinions About Mental Illness scale in 1967, which has become a widely used instrument for measuring attitudes

toward the mentally ill. In 1975, Dr. Struening and his co-editor produced the Handbook of Evaluation Research, which became a standard text in the field. In the 1970s, Dr. Struening conducted studies to understand and address the needs of the mentally ill homeless. Dr. Struening also conducted research on anxiety and co-morbidity, and published studies involving community-level analyses in the field of public health. In the early 1970s, recognizing the critical role that computers could play in modern research, Dr. Struening established the first research computing entity on the Columbia University Medical Center (CUMC) campus, which has since evolved into the Division of Biostatistics and Data Coordination at NYSPi and the CUMC Department of Psychiatry.

In 1988, Dr. Struening received the Mrs. Swanson

Award from the Howard R. Davis Society for Knowledge Utilization and Planned Change. In 1991, he was honored for Outstanding Contributions to Research from the New York State Office of Mental Health and in 1996 he received the Carl Taube Award for Outstanding Contributions to the Field of Mental Health Services Research from the American Public Health Association.

Moose Struening died on Thursday, July 11, 2013, at the age of 89, leaving behind his wife, Karen Sue, two daughters, Aviva Lorene and Karen Marie Struening, his son-in-law James Clarke and two grandchildren, Emma and Ruth Clarke Struening. Dr. Struening is also survived by his older sister, Lorene Struening, of Hooper, Nebraska.

We extend our deepest condolences to his family.