

# *Penn Psychiatry Newsletter*

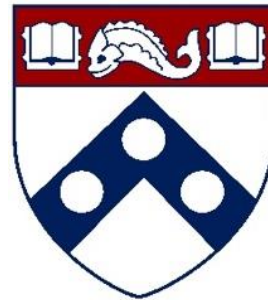
**October, 2019**

## **Positive energy throughout the Department**

Penn Psychiatry held September's Faculty Meeting in the Multipurpose Room of 3535 Market—a less formal location than the auditorium where previous meetings occurred. We also changed up the format, making it more interactive. More than half of the meeting was devoted to break-out sessions for faculty and senior staff to brainstorm about ways to make Faculty Meetings more engaging and useful. Each group selected a person to report out to the rest of the gathering. As the reports came in, I noted that the faculty were requesting more opportunities to come together to get to know each other and identify opportunities for collaboration. The energy in the room was positive, even thrilling. I thought to myself: *this is what culture change looks like!* I look forward to the collaboration ahead of us. And yes, we will have lunch at the Faculty Meeting going forward!



**Maria A. Oquendo, M.D., Ph.D.  
Ruth Meltzer Professor  
Chairman of Psychiatry  
Perelman School of Medicine  
University of Pennsylvania**



## **Vision**

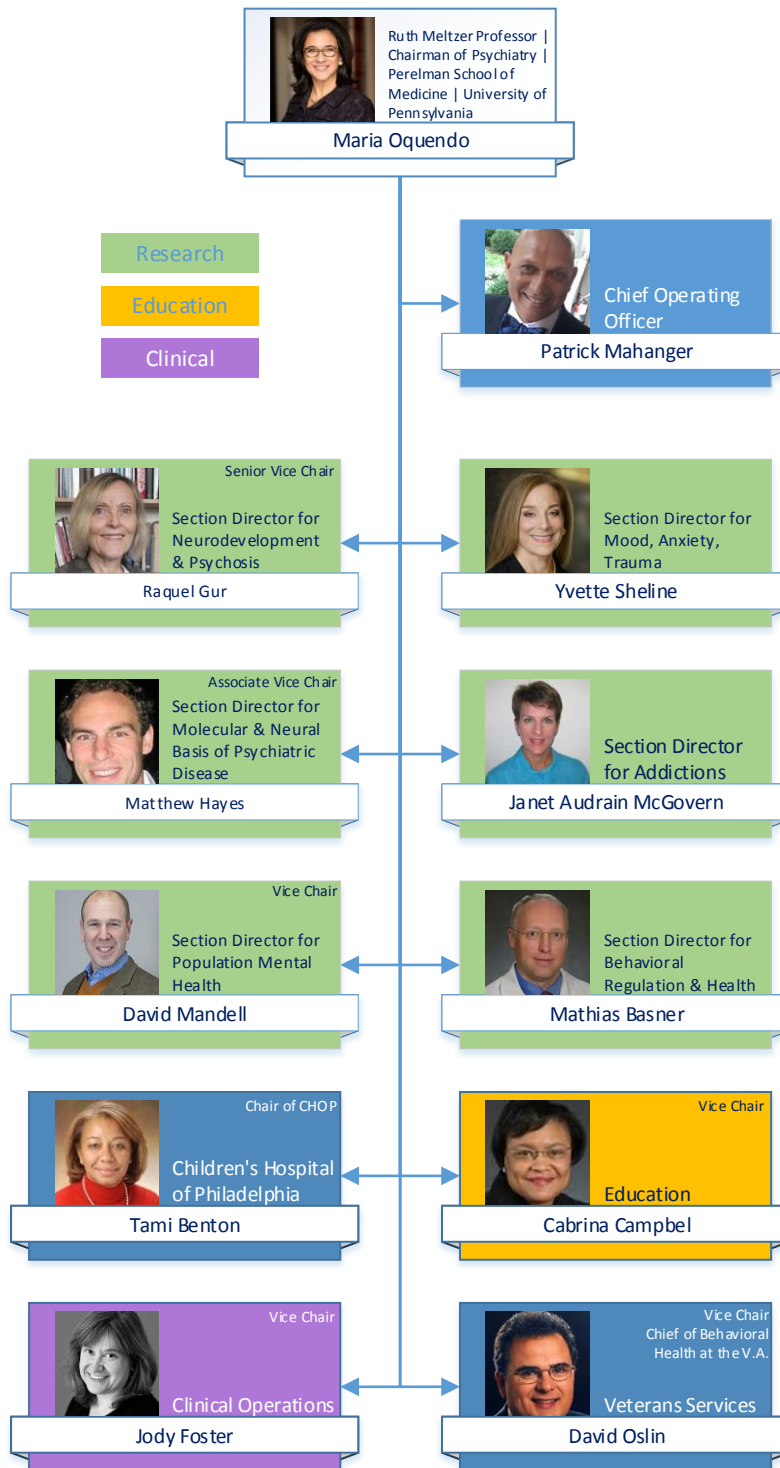
Promoting health for the brain and mind to transform lives and the world.

## **Mission**

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational programs, world renowned clinical services, and transformational public health policies.

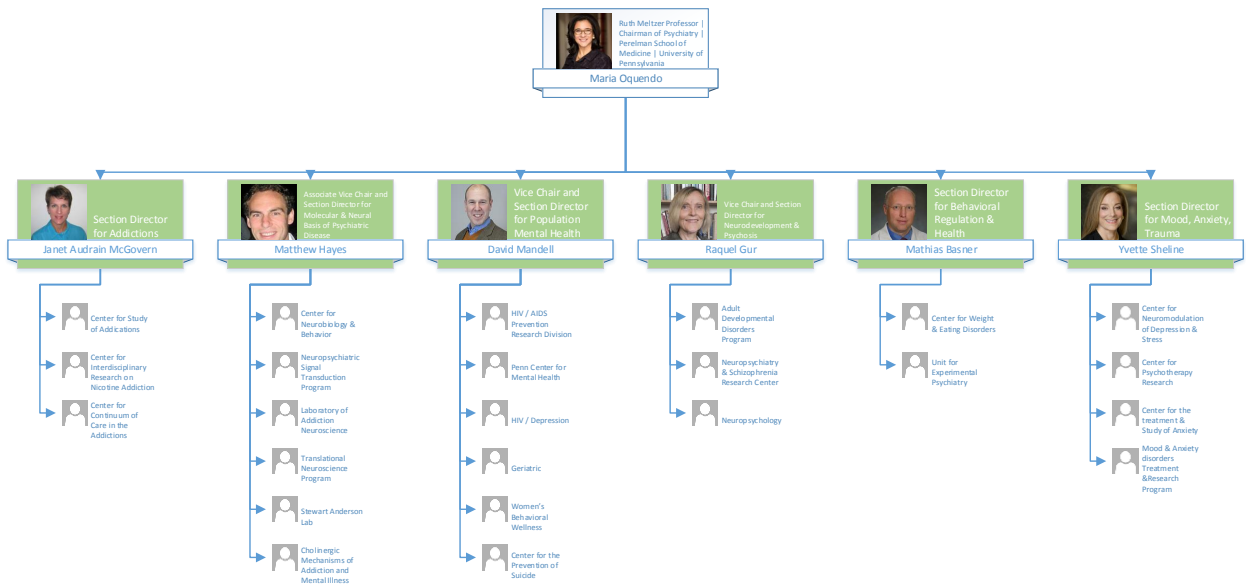
## **The Department Reorganization**

A little more than a year ago, through a strategic planning process engaging the entire faculty, we produced Penn Psychiatry's vision and mission statements to define our goals and the path forward. Psychiatry has recently reorganized at the senior level to pursue this vision and mission. Read about the reorganization [here](#).



A key feature of the new organization is the formation of the Research Sections, clustering programs according to theme:

Research Section	Section Director
Addictions	Janet Audrain McGovern
Molecular & Neural Basis of Psychiatric Disease	Matthew Hayes
Population Mental Health	David Mandell
Neurodevelopment & Psychosis	Raquel Gur
Behavioral Regulation & Health	Mathias Basner
Mood, Anxiety and Trauma	Yvette Sheline



Section Directors are responsible for providing leadership and oversight for the programs in their clusters and to seek out opportunities for growth.

If you have any questions, please feel free to reach out to your Section Director.

Stay tuned. There are exciting days ahead of us.

## Promotions

**Kristin Leight** has been promoted to Senior Associate Program Director of Residency Education. Cecilia Livesey and Matthew Kayser will continue in their respective roles of Associate Director for Clinical Training and Associate Director for Research.

## Awards and Honors

**Yvette Sheline** was selected the 2019 recipient of the William Osler Patient Oriented Research Award. This award was established in 1996 to honor Dr. Osler, a “Father of Clinical Medicine” who, in the 1880s at the School of Medicine, revolutionized clinical teaching research. This award recognizes achievement for research in which an investigator directly interacts with human subjects. Dr. Sheline will be honored at the Awards of Excellence Banquet on November 25, 2019. Congratulations to Dr.

Sheline for being recognized for her accomplishments and continued efforts to advance the field and improve patient care.

**Francesca Engel** was honored with the Austen Riggs Award for Excellence in Psychotherapy. Dr. Engel commented, "I was one of 10 awardees, all of us are fourth year psychiatry residents. Thanks to the award I was given the opportunity (all expenses paid!) to attend the centennial conference 'The Mental Health Crisis in America: Recognizing Problems, Working Toward Solutions,' at the Linde Center at Tanglewood in the Berkshires."

**Sheyda Sabetan** received the 2019 AAAP (American Academy of Addiction Psychiatry) Regional Travel Scholarship. The AAAP Regional Travel Award is given to selected psychiatry residents who have an interest in the field of Addiction Psychiatry and have demonstrated leadership in the field. The award allows them to attend the AAAP Annual Meeting, after which, resident awardees organize and host an educational activity in their community.

## Psychiatry in the News!

*Click on the articles below to learn more...*

[Penn ramps up addiction research that could help doctors tailor treatments](#)

[Flavored e-cigarettes more likely to turn youth into regular users, study finds](#)

[Gun stores, isolation, and lack of hope fuel rise in U.S. suicides, study finds](#)

[One in 16 U.S. women's first sexual experience was forced, new study finds](#)

[Women who 'self-silence' in relationships may have more heart disease risk](#)

[How to Find a Great Therapist, According to Real Therapists](#)

[Penn Medicine Receives \\$22 Million from NIH HEAL Initiative to Address the National Opioid Crisis](#)

**Michael Thase** was quoted in *U.S. Medicine* about esketamine for depression treatment. Dr. Thase also did a video interview with *MD Magazine* about risk factors and the stigma of depression. Dr. Thase explained that while genes factor into risk for depression, there are a number of other biopsychosocial pathways that may make some individuals more prone to the disorder.

**David Oslin** was quoted in a story in *U.S. Medicine* about the potential impact of pharmacogenetic testing. Researchers from the [VA PRIME Care study](#) recently found that most Veterans have at least one genetic variant that could affect their response to commonly prescribed medications.

## Grants

**Mariella De Biasi**, NIH grant entitled “Striatal mechanisms for e-cigarette reinforcement by flavorants” - \$656,945. The award is supported by the National Institute on Drug Abuse (NIDA) and will examine the role played by flavorants in the use of e-cigarette by adolescents.

**Reagan Wetherill**, NHLBI, “Using PET to Measure Pulmonary Oxidative Stress in E-Cigarette User” - \$243,125.

**Nicholas Balderston**, NIMH, “Examining the Mechanisms of Anxiety Regulation using a Novel, Sham-Controlled, fMRI-guided rTMS Protocol and a Translational Laboratory Model of Anxiety” - \$180,846.

**David Roalf** and **Paul Moberg**, NIMH, “Olfactory and facial markers of developmental risk for psychosis in 22q11 deletion syndrome” - \$746,845.

## Publications

- **Puneet Sahota**, PKC: Kinship Care for American Indian / Alaska Native Children: State of the Evidence. *Child Welfare* 97(2), 2019. Please reach out to [Puneet Sahota](#) for a copy of the article.
- **Puneet Sahota**, Cakouros BE, Russell R, Hassler M, Blank MB, Barg FK: Causal Pathways Between Severe Mental Illness and Behaviors Related to HIV: Patient Perspectives. *Community Mental Health Journal* (Accepted) 2019. Click [here](#) to read the publication.
- **Puneet Sahota**: Culture and Emotional Well-Being in American Indian / Alaska Native Adolescents: A Review of Current Literature. *Child Welfare* 97(3), 2019. Please reach out to [Puneet Sahota](#) for a copy of the article.
- **Puneet Sahota** and Sankar, PL: Bipolar Disorder, Genetic Risk, and Reproductive Decision-Making: A Qualitative Study of Social Media Discussion Boards. *Qualitative Health Research*. Click [here](#) to read the publication.
- Rocksheng Zhong, **Yingcheng Xu**, **Maria A. Oquendo** & Dominic A. Sisti (2019) Physician Aid-in-Dying for Individuals with Serious Mental Illness: Clarifying Decision-Making Capacity and Psychiatric Futility, *The American Journal of Bioethics*, 19:10, 61-63, Click [here](#) to read the article.

## Optimizing IT across Psychiatry Research Programs

During the fourth quarter of 2018, members from the NeuroPsychiatry Team (Ruben Gur, Kosha Ruparel, Chad Jackson) came together with members of the PMACS Team (Vince Frangiosa, Nate DiGiorgio) and the Department (Ron Andujar) to discuss Neuropsychiatry’s IT needs. They knew they had to move a server closet and prepare for Neuropsychiatry’s move from the Gates Building to the Richards Building. Once the move was completed, they quickly realized the value of meeting on a

regular basis to create a forum where they could keep moving forward with all of Neuropsychiatry's technology initiatives. So, on January 23, 2019 a team charter was created. Currently they are migrating a complex analytical environment that will be the cornerstone for our systems on PMACS.

## **Jody Foster, MD, MBA, Vice Chair for Clinical Operations Transition**



Jody Foster's role as Assistant Dean for Professionalism continues to expand and is poised to increase significantly. In the first year, the Professionalism Campaign met all of its annual metrics—clearly a resounding success! Many further initiatives are planned.

Because of UPHS's strong focus on the development of psychiatric services, Jody will transition out of the Vice-Chair for Clinical Operations position, so that a full time Vice-Chair can be identified. This will allow Jody to follow her passion and continue to develop the Professionalism initiative for Penn.

Jody has graciously agreed to remain in the position of Vice-Chair until a new person has been identified and to work closely with the new Vice-Chair to ensure a seamless transition. Jody will retain her role as Chairman at PAH and remain on the Psychiatry Executive Cabinet as a special advisor.

An official search committee has been formed to identify a new Vice-Chair for Clinical Operations, chaired by Raquel Gur, with representation from the faculty, UPHS and hospital leadership and psychiatry education leadership.

Congratulations Jody on your outstanding contributions to our community and thank you for all that you have done for psychiatry thus far!

## **Philanthropy**

Looking to serve veterans and their families here at Penn? Consider donating to the Cohen Clinic through Penn's Way! Search "Military Family Clinic" or code C1089 to donate through Penn's Way.

The Steven A. Cohen  
Military Family Clinic  
at the University of Pennsylvania

**Penn's Way**  
A Workplace Charitable Campaign

**WE NEED YOUR  
SUPPORT!**

Looking to serve veterans and their  
families right here at UPenn?

Donate to  
**THE STEVEN A. COHEN MILITARY FAMILY CLINIC**

Search "Military Family Clinic"  
OR code C1089  
pennsway.apps.upenn.edu



Donate today!  
October 1, 2019 - November 15, 2019

## Save the Date: Psychiatry Holiday Reception



Psychiatry Holiday Reception  
Wednesday, December 4<sup>th</sup>, 5:00 to 7:00  
Jordon Medical Education Center (JMEC)  
3400 Civic Center Boulevard

...more to come!

## Keep the news coming!!!

**Maria**

If you have news you'd like to share for consideration in the next newsletter, please contact [Ronald Andujar](#) or [Cindy Romanelli](#)

