

# ***Penn Psychiatry Newsletter***

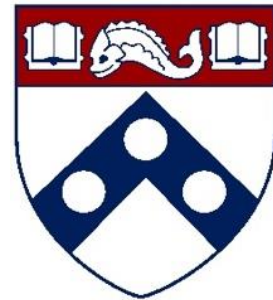
**November, 2019**

This month, we're shining a spotlight on MEND—the Mental Health Engagement Navigation and Delivery program. MEND, created by Cecilia Livesey, MD, is a proactive psychiatric service currently functioning at HUP on Founders 12 and 14. Using an algorithm that identifies words or phrases in EPIC known to be associated with the presence of a mental disorder or need for psychiatric consultation, patients in need of our care are identified on the day of admission. This is very different than the traditional consultation model, wherein, on average, the patient is seen on the fifth day of their hospitalization. The team, comprised of a psychiatrist, nurse practitioner and social worker, is embedded on the units so that they have direct and frequent communication with the physicians, nurses, and other professionals caring for the patient, in addition to offering interventions for the patient directly.

The program has proven quite popular with the medical teams at HUP, who have written heart-warming letters praising it. MEND, the team argues, makes it much less likely that there will be negative or difficult interactions with patients. Additionally, and perhaps more importantly, MEND may help decrease the length of stay for all patients on floor where the program is implemented—an outcome for which we are still collecting data. Based on the positive experiences at HUP, we are in discussions to expand the program at HUP and have just constituted a MEND team that will start working at Pennsylvania Hospital in the coming weeks. If MEND continues to succeed, we envision rolling it out across the health system. That's a lot to be excited about as we head into the new year!



**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.

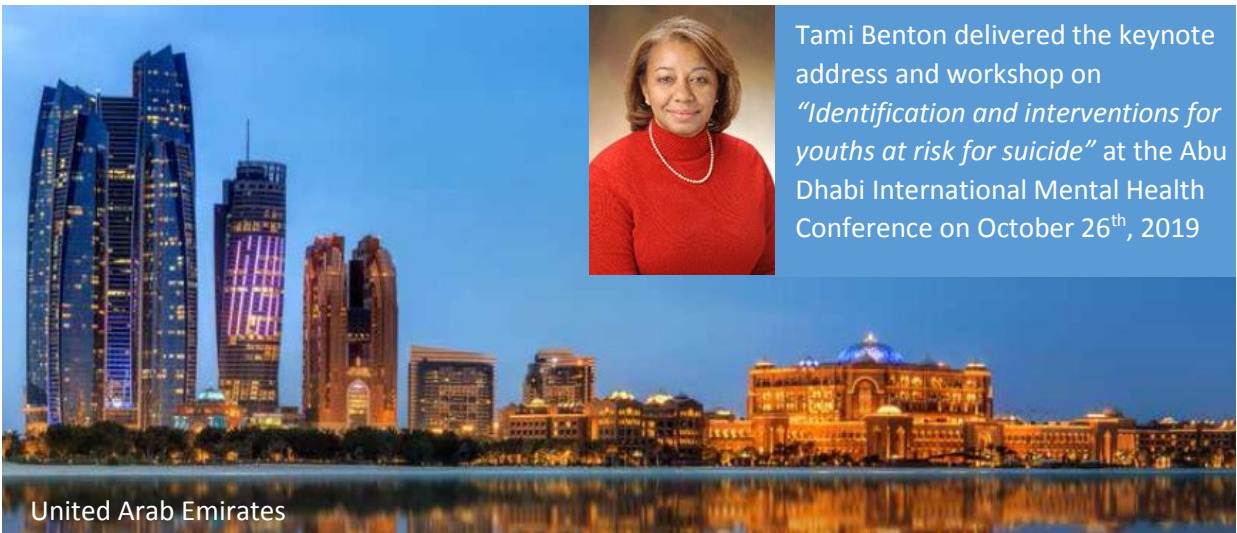
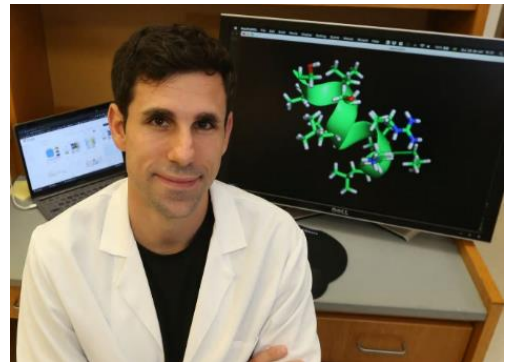
## Mission

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.

## Great work and superbugs in the news

Cesar de la Fuente was recently featured in a Philadelphia Inquirer article: [As deadly 'superbugs' outsmart antibiotics, a Penn scientist uses artificial intelligence to design new ones](#)

And did we mention, Cesar also won [The Langer Prizes for Innovation and Entrepreneurial Excellence?](#)  
Congratulations, Cesar!



United Arab Emirates

Tami Benton delivered the keynote address and workshop on *"Identification and interventions for youths at risk for suicide"* at the Abu Dhabi International Mental Health Conference on October 26<sup>th</sup>, 2019

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

The Department of Child and Adolescent Psychiatry and Behavioral Sciences (DCAPBS ) presented at the AACAP 66<sup>th</sup> Annual Meeting in Chicago, Illinois in October



Presenter	Topic (Some of which are Links)
Tami Benton	Managing High-Risk Patients in the Community
Tami Benton	Current Challenges and New Directions for Child and Adolescent Psychiatry Programs: A Review by the American Association of Directors of Child and Adolescent Psychiatry
Anthony Rostain	Vulnerable Populations in Juvenile Justice
Wanjiku Njoroge	Diversity and Culture Roundtable: Gun Violence and its Impact on Child and Adolescent Mental Health and Well-Being
Tami Benton	Monitor Orientation
Corey William	The Developmental Understanding of Identity and Gender Diversity in Adolescence and Transitional Age Youth (TAY) with Autism Spectrum Disorders
Tami Benton	Essentials of Contract Negotiation and Renegotiation for Women Psychiatrists Across the Career Span
Anthony Rostain	Promoting Digital Citizenship in Transition-Age Youth and College Students
Shivani Jain	Analysis of Early Psychiatric Intervention in the Management of Anti-N-Methyl-D-Aspartate Receptor Encephalitis at The Children's Hospital of Philadelphia
Jaclyn Chua	Inpatient unit strategies to treat aggressive behaviors in childhood: a clinical review.
Pooja Shah	"Who's responsible? Youth Gun Violence and Criminal Justice System"
Tami Benton	Master Clinician Tami D. Benton, MD: Youth Suicide
Tami Benton	Evidence-Based Treatments for 4- to 7-Year-Old Children With Anxiety Disorders: The Taming Sneaky Fears Program
Wanjiku Njoroge	Workshop, The Diversity-Informed Tenets for Work With Infants, Children, and Families: A Tool for promoting Diversity-Informed Clinical Practice
Emily Kushner	Food Selectivity in ASD
Naima Javaid	On the panel as a co-discussant for the following media presentation at AACAP: The Hate U Give: From Tupac to Black Lives Matter
Wanjiku Njoroge	Psychiatric Assessment of the Very Young Child in the Clinic
Anthony Rostain	Addressing Social Determinants of Health and Promoting Adaptive Functions in Youth Transitional-Age with Neurodevelopmental Disorder Associated with Prenatal Alcohol Exposure
Anik Jhonsa	A Standardized Approach to Pediatric Agitation and Aggression in the Medical Emergency Care Setting

Sarah Arshad	Thrown Into a Spiral: One Resident's Encounter With Patient Prejudice
Robert Ortiz-Aguayo	"It's a Psych Issue, Not Medical!" Bridging the Gap on the Medical Floor for Patients Needing Psychiatric Treatment

Now that's an agenda!

## Congratulations to Wanjiku Njoroge!



The American Academy of Child and Adolescent Psychiatry (AACAP) honored Wanjiku Njoroge as an AACAP Distinguished Fellow. The award was presented at 14th Annual Karl Menninger, MD, Plenary on October 16th in Chicago.

The status of Distinguished Fellow is the highest membership honor that AACAP bestows upon members and is a hallmark of excellence in one's professional career.

Wanjiku Njoroge is the medical director of the Young Child Clinic and a psychiatrist in the Department of Child and Adolescent Psychiatry and Behavioral Sciences. Wanjiku is also the director of the child psychiatry fellowship program.

## Congratulation to the Steven A. Cohen Military Family Clinic

*The Clinic has served 1,100 clients since opening three years ago!*



### Look at these testimonials!

*"Thank you so much! My visits here have had a tremendous positive impact on my life. I can't thank you all enough."*

*"I feel like a much better version of myself and am beyond grateful to have had this experience. Anyone who is going through a difficult time should feel confident in reaching out to the Cohen Clinic, knowing you will be treated with kindness and respect while you get help."*

### Celebrating Veterans Day

Leah Blain, PhD, the clinic director of the Penn Cohen Clinic, penned a piece for the *Philadelphia Inquirer* for Veterans Day about [improving access to mental health care for veterans](#). The Clinic was also featured in a week-long social media campaign, including three videos:

- [About the Cohen Clinic](#)
- [For Veterans: Deciding you need help](#)
- [How to Contact the Cohen Clinic](#)



**U.S. Department of  
Veterans Affairs**

## **Congratulations Henry Kranzler**

Henry Kranzler was recognized with the VA's Basic Laboratory Research and Development Senior Clinical Scientist Award, which provides outstanding senior clinician scientists with support to maintain their laboratory infrastructure, retain key staff, and explore transformative advances in their fields, similar to an NIH Merit Award.

## **Penn Medicine Experience Week**

Penn Medicine Experience Week acknowledges the great things our employees do every day.



### **Providing Compassionate Care to Patients AND Yourself**

On Tuesday, October 15, Cory Newman, Director of the Center for Cognitive Therapy, spoke to clinicians about the definition and importance of compassionate care. His words resonated with everyone in the room. Cory provided guidance about how to navigate through difficult experiences with patients, maintaining professionalism and humanism, while not overlooking self-care.

### **Performing a Conscious Act of Kindness**

A “beary” delicious treat was provided to any Penn Psychiatry employee who shared a Patient Experience Week “Conscious Act of Kindness.”





## Collaboration through Entertainment

Ron Chmar and Cory Newman collaborated through music to entertain clinicians and staff as part of Patient Experience Week.



## The Swag!

Now we are just showing off.  
Showing off Penn Medicine Pride!



## Our Compassion Board

Staff showed by picture sources of their joy!



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## Fellowships at the Veterans Administration

The VA Advanced Fellowship in Mental Illness Research and Treatment at the Corporal Michael J. Crescenz VA Medical Center in Philadelphia is open to applications. This two-year postdoctoral program is designed to help develop outstanding scientists who will lead mental health research relevant to Veterans and translate it into clinical practice. Several alumni are currently leading VA-funded research projects, and others have gone on to successful careers within VA and at universities and health systems around the nation. More information, including program expectations and application details, is available [here](#). Contacts: [Henry Kranzler](#) (physician track) or [Steve Sayers](#) (psychology track).

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### Children's Hospital of Philadelphia Roberts Center for Pediatric Research



Rhonda Boyd and Jason Jones presented “Addressing Youth Depression and Suicide in a Clinical Research Program” at the CHOP morning speaker series on October 31, 2019.

*“It was great to have the opportunity to share our ongoing research with our colleagues at PolicyLab. The audience was engaged and had several excellent questions and comments. The presentation will hopefully encourage further thinking and discussions about addressing youth depression and suicide at CHOP and Penn.” –Rhonda and Jason*

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# Announcements at The Children’s Hospital of Philadelphia

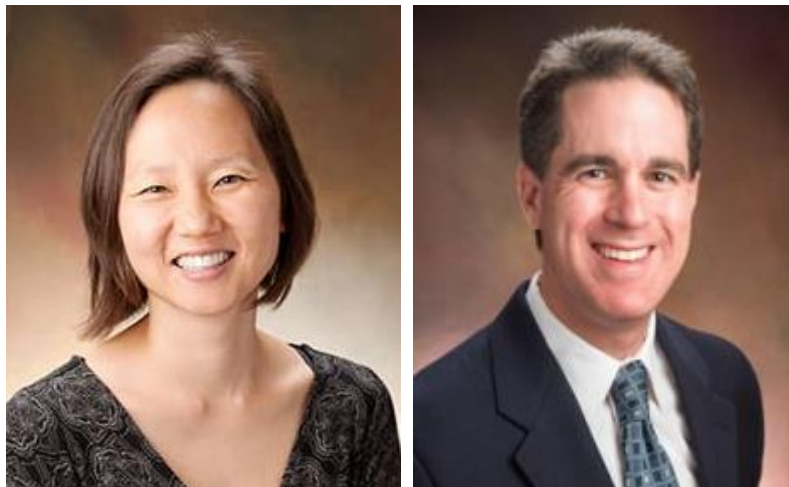
The Department of Child and Adolescent Psychiatry and Behavioral Sciences (DCAPBS) has established three Divisions and named Division Chiefs. This structure was established to align to the strategic plan and to meet the current and future needs of behavioral healthcare goals for CHOP.

## **Division of Integrated Psychiatry, Psychology and Behavioral Health**



Division Chief, Clinical Affairs – Roberto Ortiz-Aguayo  
Division Chief, Academic Affairs – Lamia Barakat

## **Division of Outpatient Behavioral Health**



Division Chief, Clinical Operations – Amy Kim  
Division Chief, Clinical Affairs – Stephen Soffer

## **Division of Community Care and Wellness**

Division Chief, Consuelo Cagande

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## Annual Clinical Faculty and Residency Supervisor's Dinner



Dr. Oquendo welcomed members of the Clinical Faculty and residency supervisors at the Annual Clinical Faculty and Supervisors' Dinner on Thursday, November 7, 2019. Cabrina Campbell, Kristin Leight, and Cecilia Livesey gave updates on the Residency program, and Claudia Baldassano was introduced as Director of Medical Student Education. Julie Low, a member of the Clinical Faculty, presented the 2019 Clinical Faculty awards to Andrew Stone and Alisa Gutman, winner of the Joseph DiGiacomo Junior Clinical Faculty Teaching Award.



## Announcing the Research Sections Business Administrators

As you know, the Research Programs in the department are being organized into six Research Sections. On August 26, 2019, we announced the six Section Directors. Today, we would like to name the six Lead B.A.s for the Sections. This selection was based on data that was organized into dashboards for each Section. Several in depth discussions were also held with the Section Directors. The following is a list of the Sections, the Section Directors, and the Lead BAs who will coordinate and work with their teams, and the Administrative staff of the Department, to oversee the administration of the Sections.

Section	Section Director	Business Administrator
Addictions	Janet Audrain McGovern	Linda Mangino
Behavioral Regulation and Health	Mathias Basner	Daniel Castellano
Neurodevelopment and Psychosis	Raquel Gur	Jon Hyon
Molecular and Neural Basis of Disease	Matthew Hayes	Tom McKenna
Population Mental Health	David Mandell	Eileen Mergliano
Mood, Anxiety & Trauma	Yvette Sheline	Kristen Tederstrom

Congratulation to the new Lead Business Administrators. We wish them success in their new roles.

## Grants

**Kyle Kampman** and **George Woody's** UG3 award from NIH/NIDA. Combining Pregabalin with Lofexidine: Can it Increase the Success of Transition to Naltrexone? - \$4,061,892.

Robert Gross, **Robert Schnoll**, "Testing Novel Pharmacogenetic and Adherence Optimization Treatments to Improve the Effectiveness of Smoking Cessation Treatments for Smokers with HIV," \$663,470

**Reagan Wetherill**, "Using PET to Measure Pulmonary Oxidative Stress in E-cigarette Users," \$243,125

Hillary Bogner, **Kyle Kampman**, **David Mandell**, "The Whole Health Study: Collaborative Care for OUD and Mental Health Conditions," \$11,197,301

**Mariella De Biasi**, Minghong Ma, Daniel Wayne Wesson, "Striatal mechanisms for e-cigarette reinforcement by flavorants," \$656,945

# The Penn Neuroscience Public Lecture Series

Here's an upcoming lecture you don't want to miss – the Neuroscience of Pain, featuring Gregg Corder, PhD. Save the date for December 4, 2019 at 6 pm. For more information and to register, visit [upennglia.com/publiclecture](http://upennglia.com/publiclecture).

**THE PENN NEUROSCIENCE PUBLIC LECTURE SERIES**

# OUCH!

THE NEUROSCIENCE OF PAIN

**WEDNESDAY, DECEMBER 4**  
CHECK-IN & DEMOS: 6 PM | TALKS BEGIN: 6:30 PM  
LOCATION: RUBENSTEIN AUDITORIUM,  
SMILOW CENTER FOR TRANSLATIONAL RESEARCH, UPENN

@PhillyNeuroTalk  
PhillyNeuroLecture

FEATURING THREE FREE TED-STYLE TALKS FROM LEADING PENN RESEARCHERS:

NICHOLAS BETLEY, PHD  
GREGORY CORDER, PHD  
ISHMAIL ABDUS-SABOOR, PHD

INFORMATION & REGISTRATION:  
[UPENNGLIA.COM/PUBLICLECTURE](http://UPENNGLIA.COM/PUBLICLECTURE)

Penn MINS Mahoney Institute for Neurosciences  
GLIA Center for Outreach, Research, and Education  
mindCORE Center for Outreach, Research, and Education  
PENNGG

## Publications

Matweychuk, W., DiGiuseppe, R., & Gulyayeva, O. (2019). A comparison of REBT with other cognitive behavior therapies. In M.E. Bernard & W. Dryden (Eds.), *Advances in REBT: Theory, practice, research, measurement, prevention and promotion*. (pp. 47-77). Cham, Switzerland: Springer. Click [here](#) to read the material.



### ***Psychiatry Holiday Reception***

**Thursday, December 5<sup>th</sup>**

**5:00 — 7:00 pm**

**Jordon Medical Education Center**

**3400 Civic Center Boulevard**

**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](#)

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