



PENN PSYCHIATRY PERSPECTIVE



Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in Penn Psychiatry Perspective, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

*Dwight L. Evans, MD
Ruth Meltzer Professor and Chair*

In this Issue

Departmental Goings-On.....1

- Mental Health and HIV.....1
- Researchers Target Relapse.....1
- Preventing the Spread of HIV.....2

News and Announcements....3

- In the News.....3
- Awards and Honors.....5
- Upcoming Events.....6
- Announcements.....6

Departmental Goings On

Mental Health Patients up to Four Times More Likely to Be Infected with HIV



Michael B. Blank, PhD led a new study published in the *American Journal of Public Health* showing that people receiving mental health care are up to four times more likely to be infected with HIV than the general population. The findings emphasize the need to provide testing for HIV in mental health care facilities. "These findings paint a recent picture of HIV infection rates in the community, and reinforce how important it is to identify patients and get them into appropriate infectious disease care in a timely manner while being treated for mental illness," Dr. Blank stated in a Penn Medicine news release. "With such a high-risk group, it's imperative to be routinely testing patients to improve care and reduce transmissions to others."

Dr. Blank acknowledged that "historically, though, HIV testing is often not implemented in mental health care," despite recommendations to do so from the Centers for Disease Control and Prevention (CDC) and the Institute of Medicine. "There are barriers to testing, be it funding, system-level barriers or access to rapid HIV testing, that need to be addressed in order to have a wider adoption," he noted. The study was widely covered in the print and electronic media by *HealthDay News* (via *US News & World Report*), *Medical Daily*, *PsychCentral dailyRx*, *Infectious Disease News*, *POZ Magazine*, *WHYY* (Philadelphia), *CBSLocal.com* (Atlanta), and the *Examiner*.

Dr. Blank is Associate Professor of Psychology in Psychiatry and Co-Director of the Penn Mental Health AIDS Research Center in the Department of Psychiatry. He was joined in the study by researchers from the Perelman School of Medicine, CDC, University of Maryland, Columbia University Medical Center, and ICF International.

View the Penn Medicine News Release at -
http://www.uphs.upenn.edu/news/News_Releases/2014/02/blank/

Department of Psychiatry Researchers Target the Challenge of Relapse

The extraordinary cost of addiction – financially, medically and socially – is directly related to the persistent problem of relapse. Relapse rates remain discouragingly high - up to 80 percent of addicted individuals relapse by six months following treatment. The striking similarity of relapse rates across a wide range of addictive drugs, demographics, and treatments suggests shared neurobiological vulnerabilities that, if understood, could offer new treatment targets

Departmental Goings On

Continued from page 1

Department of Psychiatry Researchers Target the Challenge of Relapse



Anna Rose Childress, PhD

- saving billions in addiction-related costs, and offering dramatically improved odds for recovery. This critical knowledge is lacking, but rapid advances in the clinical neuroscience of addiction have put it within reach.

Through the Commonwealth of Pennsylvania Universal Research Enhancement (CURE)

program, Principal Investigator **Anna Rose Childress, PhD** and her team of experts at the Center for Studies of Addiction are the first in the nation to receive funding to study the biological mechanisms of relapse shared by drugs of abuse across three drug classes (cocaine, marijuana, opiates), using neuroimaging biomarkers of treatment response. In this landmark study, individuals receive treatment, which varies across drug classes (see TreatmentinPhilly.com) and receive functional magnetic resonance imaging (fMRI) sessions at baseline and throughout treatment that probe reward and inhibition processes to help us to understand the neurobiological mechanisms of relapse shared by drugs of abuse.

In this ongoing study, one of the procedures is a task designed to capture the neural responses to drug cues too short to be consciously perceived (33 milli-seconds), which may provoke craving and perhaps prime an individual for subsequent drug-seeking behaviors leading to relapse. In the marijuana component of this study led by **Teresa Franklin, PhD, Reagan Wetherill, PhD** and colleagues have demonstrated that these exceedingly brief cues activate reward-related circuitry -

including the final common pathway of all drugs of abuse, the ventral striatum - and that activation correlates with marijuana exposure and marijuana craving in the same circuitry (Wetherill et al, *Psychopharmacology*, 2013). These results replicate previous work by this group in cocaine dependence (Childress et al, *PLoS*, 2008), highlight the sensitivity of the brain to subliminal reward signals, and support hypotheses promoting a common pathway of appetitive motivation. With these observations, Department of Psychiatry investigators are poised to learn more about the mechanisms that lead to relapse among large numbers of addicted individuals undergoing treatment.

Dr. Childress is a Research Professor of Psychology in Psychiatry and Director of the Brain-Behavioral Vulnerabilities Laboratory of the Center for Studies of Addiction. Recently appointed to the Department of Psychiatry faculty in December 2013, Dr. Wetherill is a licensed clinical psychologist and a Research Assistant Professor of Psychology in Psychiatry. She earned a PhD in Clinical Psychology from the University of Texas at Austin and conducted research fellowships at the University of California at San Diego School of Medicine and the Center for Studies of Addiction at Penn. Her research focuses on identifying and targeting intermediate neurobiological phenotypes associated with drug and alcohol use using neuroimaging and neurocognitive tools to characterize these vulnerabilities and link them to drug- and alcohol-related outcomes with the ultimate goal of addressing these vulnerabilities with new prevention and treatment programs.

Read more about the CURE studies on the Center for Studies of Addictions website - http://www.med.upenn.edu/csa/brain_cure.html.

A Successful Intervention to Prevent the Spread of HIV



John B. Jemmott III, PhD from the Department of Psychiatry and the Annenberg School for Communication and Loretta Sweet Jemmott, PhD, FAAN, RN from the Penn School of Nursing led the development of a successful HIV intervention and education project in South Africa that showed success in preventing the spread of the disease. Nearly 1,200 South

African men participated in customized and proactive education programs on condom usage and the importance of discussing safe sex in their relationships. Results were reported in the *American Journal of Public Health* (volume 104, issue 2). As reported in a Penn News release, the intervention programs, called "Men, Together Making a Difference," were conducted in native isiXhosa tongue. Follow-up surveys after one year showed an increase in condom use by participants, regardless of whether they were involved with steady or casual partners for intercourse. Also, follow-up surveys showed slight decreases in the occurrences of unprotected sex. Participants also

Continued on page 3

Departmental Goings On

Continued from page 2

A Successful Intervention to Prevent the Spread of HIV

reported a four- to five-percent increase in the number of times men talked to their partners about condom use prior to sex.

“The fact that HIV affects women most severely in regions such as the sub-Saharan Africa where heterosexual exposure is a dominant mode of HIV transmission is well established,” the authors wrote in the published article. “Yet few interventions to change the heterosexual behavior of men have been developed and rigorously evaluated.” They noted that not only was this the first large-scale study of its kind, but that South African men demonstrated a willingness to attend multiple intervention sessions, participate in role-play condom use scenarios, and return for repeated efficacy assessments. They stressed the need for additional research to strengthen the impact of intervention programs.

Dr. John Jemmott is the Kenneth B. Clark Professor of Communication and Psychiatry and Director of the Center for Health Behavior and Communication Research in the Annenberg School for Communication and the Perelman School of Medicine. In addition to Dr. Loretta Sweet Jemmott from the Penn School of Nursing, Dr. Jemmott was joined in the study by researchers from the Perelman School of Medicine, Centers for Disease Control and Prevention, Haverford College, Temple University, and the University of Fort Hare in South Africa.

View the Penn News Release at - <http://www.upenn.edu/pennnews/news/penn-hiv-researchers-deploy-large-scale-intervention-project-south-africa>

News and Announcements

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.



Heavy Psychotropic Med Burden Common in Bipolar Patients

Michael E. Thase, MD told *Medscape Medical News* in a February 6, 2014 article that complex poly-pharmacy for bipolar disorder is not necessarily a bad thing, though physicians must take care that they are using the right drugs in the appropriate combination. A new research study shows that individuals with bipolar disorder carry a heavy medication burden, with many taking up to six different drugs, including medicines for other psychiatric conditions. “The issue is that relatively few people with bipolar disorder respond to one particular medicine, like lithium, for example, and there is some evidence that the different kinds of medicine that are used have complementary or additive effects,” said Dr. Thase, who was not part of the study. “What is a necessary consideration is each time you have made the regimen more complex, have you properly evaluated whether the medicine that is not helping enough should be stopped or continued? Are you monitoring the effects on weight, metabolism, concentration and cognition, alertness, and all of those things? That is part of the

obligation you have as a clinician.” In prescribing additional medicines, Dr. Thase added, “[as a physician] you have an obligation to make sure you’re not using more complex regimens than you need to.” Dr. Thase is Professor of Psychiatry and Director of the Department’s Mood and Anxiety Disorders Treatment and Research Program in the Department of Psychiatry.

View the February 6, 2014 *Medscape Medical News* article (registration required) at - <https://login.medscape.com/login/sso/getlogin?urlCache=aHR0cDovL3d3dy5tZWZyY2FwZS5jb20vdmllld2FydGljbGUvODIwMjc1&ac=401>

News and Announcements

In the News



Why is Heroin Becoming More Deadly?

Kyle M. Kampman, MD spoke to *Discovery News* in a February 4, 2014 article in response to the heroin overdose of actor Philip Seymour Hoffman. The number of heroin users in the U.S. almost doubled between 2007 and 2012, from 373,000 to 669,000, according to a 2012 Substance Abuse and Mental Health Services Administration survey, partly because of another drug addiction crisis - prescription pain killers. Drugs such as oxycontin and vicodin are synthetic opiates; when people get addicted to them and can't get a new prescription, heroin makes an easier-to-get, and cheaper, substitute. Dr. Kampman said that unlike an oxycontin pill, a user has no way of knowing how much of an illegal drug they're getting -- or exactly what's in it. "When heroin users hear there's something very very powerful available, they'll often seek it out," Dr. Kampman noted. "They believe they are smarter than those who overdosed, and that they can do it correctly." Dr. Kampman is Professor of Psychiatry and Medical Director of the Charles O'Brien Center for Addiction Treatment in the

Department of Psychiatry.

View the February 4, 2014 *Discovery News* article at - <http://news.discovery.com/human/health/why-is-heroin-becoming-more-deadly-140204.htm>



Supporting Children with Craniofacial Conditions Through Art

David B. Sarwer, PhD was interviewed by the *Main Line Times* in a February 12, 2014 article about an innovative art project designed to boost the self-esteem of children born with craniofacial conditions and to educate others about issues related to disfigurement. Artists from Studio Incamminati painted the portraits of 12 children who are craniofacial patients at Children's Hospital of Philadelphia (CHOP), where Dr. Sarwer works, along with plastic surgeons and a large multidisciplinary team, with the children and their families. The pictures were displayed in a special exhibition at Freeman's Auctioneers & Appraisers' Wayne Gallery from February 4 to 15. The exhibition was titled "Face to Face: The Craniofacial Program Portrait Project." Dr. Sarwer, who served as one of the lead psychologists on the project, told the *Main Line Times* that "Face to Face" has been "wonderful for the children and their families and the artists," emphasizing that each child had "an opportunity to be viewed as someone of great worth." He called the project "one of the most rewarding experiences

I've had at Penn." Dr. Sarwer is Professor of Psychology in Psychiatry and Surgery and Director of Clinical Services at the Center for Weight and Eating Disorders in the Department of Psychiatry. In addition to working with the Division of Plastic Surgery at CHOP, Dr. Sarwer is a consultant to the Edwin and Fannie Gray Hall Center for Human Appearance at the Hospital of the University of Pennsylvania (HUP), where he leads a program of research on the psychosocial aspects of appearance.

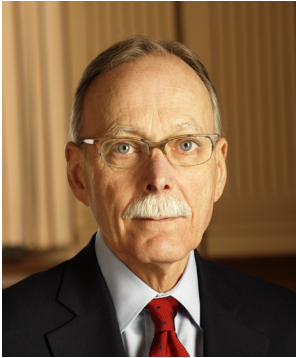
View the February 12, 2014 *Main Line Times* article at - http://www.mainlinemedianews.com/articles/2014/02/12/main_line_suburban_life/news/doc52fb9d824b40d419968559.txt?viewmode=fullstory

The project was also covered in a *Fine Art Connoisseur* article, which can be viewed at - <http://www.fineartconnoisseur.com/An-Inspiring-Project-from-the-Painters-of-Studio-I/18283786>

News and Announcements

Awards and Honors

Regional, National, and International Honors



Dr. Morse Honored with Isaac Ray Award from the American Psychiatric Association

Stephen J. Morse, JD, PhD has been named the recipient of the 2014 Isaac Ray Award from the American Psychiatric Association (APA) in recognition of his outstanding contributions to forensic psychiatry and the psychiatric aspects of jurisprudence. Dr. Morse will receive the award, one of the highest honors in its field, at the APA's Annual Meeting in New York in May. He will deliver his award lecture on why neuroscience does not pose a fundamental challenge to the traditional practice of forensic psychiatry and psychology. The Isaac Ray Award has been given by the APA since 1952 in honor of Dr. Ray, a nineteenth-century pioneer in the field of forensic psychiatry. In 2006, Robert L. Sadoff, MD in the Department of Psychiatry also earned this prestigious honor. Dr. Morse is the Ferdinand Wakeman Hubbell Professor of Law and Professor of Psychology and Law in Psychiatry, and the Associate Director of the Penn Center for Neuroscience & Society. He has an international reputation for his work on problems of individual responsibility and agency and the intersection

of law and neuroscience. In 1989, Dr. Morse was awarded the American Academy of Forensic Psychology's Distinguished Contribution Award. He teaches courses on criminal law, mental health law, freedom and responsibility, and perspectives on cognitive neuroscience.



Dr. Coche Receives Recognition from American Group Psychotherapy Association

Judith Coche, PhD, Clinical Professor of Psychology in Psychiatry, received a Letter of Excellence from the American Group Psychotherapy Association (AGPA) for a DVD recently produced about her work in couples group therapy training. Dr. Coche also chaired a national training symposium in group psychotherapy at the AGPA's Annual Meeting in Boston in March 2014 titled "Psychiatry Treats Troubled Times: Training Group Therapy at Penn." In addition to Dr. Coche, the session featured six participants from the Department of Psychiatry, including **Juliette A. Galbraith, MD, CGP** (Assistant Professor of Clinical Psychiatry), **Shari Baron, MSN, RN** (Clinical Associate), and four Psychiatry residents - **David Lee, MD; Katherine Baratz Dalke, MD, MBE; Courtney Lockhart McMickens, MD, MPH; and Thomas Alexander Suberman, MD**. The panelists presented their viewpoints on the Penn group training program, followed by a discussion with a national and international group of colleagues. This symposium was unique in spotlighting the training in group psychotherapy in Penn's Department of Psychiatry as a model of excellence. Dr. Coche and the panelists engaged the audience in a discussion of standards for group therapy residency training.

Judith Coche, PhD (top row on the left), pictured with fellow AGPA speakers: Back row (left to right)- Katharine Baratz Dalke, MD, MBE, David Lee, MD, Thomas Suberman, MD; Front row - Shari Baron, MSN, RN, Courtney Lockhart McMickens, MD, MPH, Juliette Galbraith, MD, CGP

News and Announcements

Upcoming Events

Department of Psychiatry Grand Rounds

Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates in the locations indicated. The next lectures are listed below. For more information about Grand Rounds and the 2013-14 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

April 10, 2014

Strecker Award Lecture

Speaker: David A. Lewis, MD, UPMC Endowed Professor in Translational Neuroscience and Chairman, Department of Psychiatry; Medical Director and Director of Research, Western Psychiatric Institute and Clinic; Director, Translational Neuroscience Program; Director, NIMH Conte Center for the Neuroscience of Mental Disorders; University of Pittsburgh

Location: BRB II/III Auditorium

April 24, 2014

Mood Module

Speaker: Michael E. Thase, MD, Professor of Psychiatry; Director, Mood and Anxiety Disorders Treatment and Research Program; Department of Psychiatry; University of Pennsylvania Perelman School of Medicine

Location: BRB II/III Auditorium

Announcements

Hall Mercer Child and Parent Center Spring Program

The Hall Mercer Child and Parent Center is currently accepting registrations for the upcoming Spring Program. Information about the Spring course offerings and the schedule are available on the website at <http://www.med.upenn.edu/hallmercer/program.shtml>.

The Adult Autism Spectrum Program (AAS)

The Adult Autism Spectrum Program provides personalized consultations on a wide range of issues for adults and late adolescents (ages 16 and older) who have, or suspect they could have, autism spectrum disorder. A full range of consultative services are available, including an initial evaluation, report writing, follow-up treatment consultations, and family consultation and counseling. To learn more about the many services available or to schedule an appointment, please call 215.746.4100 or visit www.med.upenn.edu/aas.

New PBHMind Dates Being Added

Additional spring PBHMind symposia dates will be added soon, so please visit our website for more information about upcoming courses, CE credits, and PBHMind as a whole - www.pbhmind.com

