

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*

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Departmental Goings On

Dr. Woody Receives Funding for Comparative Effectiveness Study



George E. Woody, MD, Professor of Psychiatry, was one of six researchers in the Penn Perelman School of Medicine to receive nearly \$30 million in research funding contracts from the Patient-Centered Outcomes Research Institute (PCORI) to conduct comparative effectiveness studies. Dr. Woody will be awarded \$2.05 million to study the use of XR-NTX, a drug used to treat opiate addiction, and its effectiveness when given to prisoners before and after re-entry. This study will be done in collaboration with NET Steps, a local substance abuse treatment program, and the Philadelphia Prison System.

Dr. Woody's project is one of 34 awards totaling \$120 million that PCORI approved on April 24, 2015 to fund patient-centered clinical comparative clinical effectiveness research. PCORI is an independent, nonprofit organization authorized by Congress in 2010. Its mission is to fund research that will provide patients, their caregivers, and clinicians with the evidence-based information needed to make better-informed health care decisions. PCORI is committed to continually seeking input from a broad range of stakeholders to guide its work.

To learn more about the other Penn Medicine studies funded by PCORI, view the April 24, 2015 Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2015/04/pcori/

The Department's Graduating Residents Are Off to New Challenges



This June, nine (9) Department of Psychiatry PGY-4 residents and one (1) Post Pediatrics Portals Program resident completed their training and are headed to new destinations, at other institutions as well as within the Department in new roles. Also graduating are three (3) PGY-3 residents, who are each fast-tracking into Child and Adolescent Psychiatry Fellowships, either at The Children's Hospital of Philadelphia (CHOP) or Massachusetts General Hospital (MGH). The Department congratulates these young physicians for jobs well done in the training program and wishes each of them all the best as they continue their life and career journeys.

Departmental Goings On

The Department's Graduating Residents Are Off to New Challenges

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Graduating PGY-4 Residents



Carina Behrens, MD
Fellow in Child and Adolescent Psychiatry
(Cincinnati Children's Hospital Medical Center)



Erica Smolcic, MD
Clinical Fellow in Geriatric Psychiatry
(Penn Department of Psychiatry)



Adrienne Clark, MD
[Chief Resident, Pennsylvania Hospital & CHOP]
Fellow in Child and Adolescent Psychiatry (CHOP)



Thomas Suberman, MD
[Chief Resident, Outpatient]
Fellow in Child and Adolescent Psychiatry
(UCLA Health System)



Katharine Baratz Dalke, MD
[Chief Resident, Medical Education]
Mood Disorders Unit on 6 Spruce at
Pennsylvania Hospital
(Penn Department of Psychiatry)



Catharine Wolfe, MD
Inpatient, consult, and outpatient work
(area health system in Atlanta)



Yu-Heng Guo, MD
*[Chief Resident, HUP and Philadelphia VA
Medical Center]*
Fellow in Public Services Psychiatry
(Penn Department of Psychiatry)

Graduating PGY-3 Residents Fast-Tracking into Child and Adolescent Psychiatry Fellowships



Katie Hoeveler, MD
[Post Pediatrics Portals Program]
Psychiatric Consult Liaison Service (CHOP)



Andi Fu, MD
Children's Hospital of Philadelphia (CHOP)



Anup Sharma, MD, PhD
Research Fellow in Neuropsychiatry
(Penn Department of Psychiatry)



Barbara Robles-Ramamurthy, MD
Children's Hospital of Philadelphia (CHOP)



Andrew Siegel, MD
Fellow in Psychosomatic Medicine
(Penn Department of Psychiatry); Research
Associate at the Scattergood Program for
Applied Ethics of Behavioral Health Care (Penn
Department of Medical Ethics and Health Policy)



Jessica Zoltani, MD
Massachusetts General Hospital (MGH)

Departmental Goings On

Welcome to the Class of 2019

Penn's Department of Psychiatry welcomes the class of 2019 to the residency training program. The current class of interns in psychiatry was chosen from 922 applicants of whom 98 were actually ranked. These 9 individuals are extremely talented young doctors who were at the top of their medical school classes and who demonstrated a strong commitment to the field, as well as great leadership potential. They began their residency training on June 20, 2015. Next year's recruitment efforts will begin on September 1, 2015 and continue until January 31, 2016.

For more information about the Penn Department of Psychiatry's residency training program, please visit <http://www.med.upenn.edu/psychres/>.

Pictured to the right:

Row 1: Erica Baller, MD, MS, Andrew Chansky, MD, Danielle Couture, MD
 Row 2: Justine Mann, MD, Carmen Parker, MD, Courtney Saw, MD
 Row 3: Glenna Smith, MD, Rebekah Villarreal, MD, Nina Wylonis, MD



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>.



What's Lurking Behind the Suicides?

Steven J. Berkowitz, MD was quoted in a May 16, 2015 *New York Times* article on youth suicides on the Pine Ridge Indian Reservation in southwestern South Dakota. Since December, nine people between the ages of 12 and 24 have committed suicide on the Reservation, home to Crazy Horse's Oglala band of the Lakota. The suicides have often resulted from sexual assault or molestation. Dr. Berkowitz told the newspaper that left untreated, such sexual abuse can lead to elevated rates of drug and alcohol abuse and suicide. Dr. Berkowitz is Associate Professor of Clinical Psychiatry and Director of the Penn Center for Youth and Family Trauma Response and Recovery in the Department of Psychiatry. He also serves as Co-Chair of the Task Force on School Violence for the American Academy of Child and Adolescent Psychiatry.

View the May 16, 2015 *New York Times* article at – <http://nyti.ms/1B49HxO>

News and Announcements

In the News



For Survivors, the Response is Personal

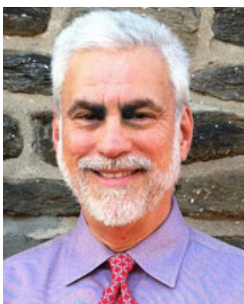
David Yusko, PsyD, Clinical Director of the Center for the Treatment and Study of Anxiety in the Department of Psychiatry, was interviewed in a May 16, 2015 *Philadelphia Inquirer* article about the future paths for passengers who survived the May Amtrak crash in Philadelphia. Passengers may have a rough first month after the accident, psychologically speaking, but most will recover on their own without much help from professionals. "Most people will naturally figure this out and come out of it," said Dr. Yusko. Predicting who won't is more challenging, he said. He added that survivors can expect negative feelings, nightmares, and anxiety. Dr. Yusko said survivors should expect to experience reactions such as these for at least the first month. "It's really OK for folks to have some trouble after this," he said. "That's normal . . ."

Dr. Yusko noted that over their lives, 60 percent of men and 51 percent of women experience a trauma. Eight percent of men and 20 percent of women develop post-traumatic stress disorder (PTSD) at some point in their lifetime. Several forms of therapy are proven to help. "PTSD," he said, "is one of the mental health disorders that you really can recover from with very low relapse rates." Moreover, some people come away from traumatic events with a better, more mature, don't-sweat-the-small-stuff perspective on life. "Some people are able to take an event and use it for what we call post-traumatic growth," Dr. Yusko said.

View the May 16, 2015 *Philadelphia Inquirer* article at - http://articles.philly.com/2015-05-16/news/62192684_1_survivors-ptsd-kenneth-reinhard

Awards and Honors

Regional, National, and International Honors



Dr. Kenneth Weiss Elected President of Philadelphia Psychiatric Society

Kenneth J. Weiss, MD, Clinical Professor of Psychiatry and a noted forensic psychiatrist, was elected President of the Philadelphia Psychiatric Society (PPS). He assumed the one-year position on June 1, 2015. PPS comprises over 950 psychiatrists practicing in Philadelphia, Bucks, Chester, Montgomery, and Delaware Counties. PPS is a chapter of the Pennsylvania Psychiatric Society, a district branch of the American Psychiatric Association (APA).

Penn Honors

Stephanie Cross, MD, PhD received the 2015 Medical Student Teaching Award. This award is given to a resident who has been a consistently outstanding teacher of medical students.

News and Announcements

Awards and Honors

Department of Psychiatry Honors

The Albert Stunkard Faculty Recognition Award is given annually to faculty members who are outstanding teachers and mentors. The graduating resident class selects award winners who have significantly influenced their education and training. Named for Albert J. Stunkard, MD, former Chair of the Department, this award recognizes Dr. Stunkard's enormous contribution to the education, training, and support of Department housestaff. **Henry R. Bleier, MD, Scott A. Campbell, MD, Claudia F. Baldassano, MD, Juliette Galbraith, MD, and Sarah B. Mathews, MD** received this honor in 2015.

Sarah B. Mathews, MD received the 2015 PGY-3 & 4 Teaching Award and **Henry R. Bleier, MD** received the 2015 PGY-1 & 2 Teaching Award. These awards honor those individuals whom the residents believe were the most effective teachers of the academic year and exemplary in shaping their overall education.

Steven J. Siegel, MD, PhD was awarded the 2015 Martin P. Szuba Award for Excellence in Clinical Teaching and Research. This award is presented annually to a Department faculty member with outstanding teaching abilities, ongoing clinical research, and a focus on translating research concepts into clinically useful teaching, all of which Dr. Szuba embodied in his work.

Sydney E. Pulver, MD received the 2015 Annual Award for Clinical Faculty. This award, funded by a clinical faculty member, is given to a volunteer clinical faculty member who has demonstrated long-term loyalty to the Department and excellence in teaching and/or supervising.

Newell Fischer, MD and **Ruth S. Fischer, MD** were the recipients of the 2015 Earl Bond Award. Initiated by the efforts of Dr. William Peltz, this annual award is given to Department members who have distinguished themselves for teaching at the medical student, resident, and/or graduate levels.

Katharine Baratz Dalke, MD and **Yu-Heng Guo, MD** received the 2015 Dr. Henry P. and M. Page Durkee Laughlin Foundation Award. Upon the recommendation of the residency program, this award is given to residents in recognition of their professional achievement, dedication, and scholarship throughout residency training. Founded in 1964 through the generosity of Hank and Page Laughlin, the Dr. Henry P. and M. Page Durkee Laughlin Foundation is based in Frederick, Maryland. For more than thirty years, the Laughlin Foundation has honored outstanding residents in psychiatric training programs throughout the United States and the United Kingdom.

Katharine Baratz Dalke, MD, and **Thomas Suberman, MD** received the 2015 Kenneth D. Cohen, MD Psychodynamic Psychotherapy Award. This award is named as a tribute to the late Dr. Cohen in recognition of his outstanding teaching about psychodynamic understanding during his 54 years on the Department of Psychiatry faculty. He was a dedicated, tireless, and enthusiastic teacher who helped residents focus on the patient as a person and the essential importance of subjective experience. The prize has been endowed by the Cohen Family.

News and Announcements

Announcements



Penn Psychosis Evaluation and Recovery Center (Penn PERC)

The Penn Psychosis Evaluation and Recovery Center offers consultations on diagnosis, treatment, support, and skill development for adults and late adolescents (ages 16 and older) who exhibit warning signs of emerging psychosis or early psychosis. To learn more about the many services available or to schedule an appointment, please call 215.746.5900 or visit www.med.upenn.edu/perc.



Adult Autism Spectrum Program (AAS)

The Adult Autism Spectrum Program offers consultations on diagnosis, treatment, support, and skill development for adults and late adolescents (age 16 and up) across the entire autism spectrum. To learn more about the AAS and their services, please visit <http://www.med.upenn.edu/aas/> or call 215-746-4100.



Penn Psychiatry Perspective

There will not be issues of the *Penn Psychiatry Perspective* eNewsletter in July or August. The monthly eNewsletter will return in September.



Enjoy the Summer!