



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

Penn's CURE Addiction Center of Excellence is Pursuing the Brain's Role in Relapse and Recovery

The most painful and expensive feature of addiction is the strong tendency to relapse: up to 80 percent of individuals will relapse by six months after treatment. Despite this harsh statistic, a handful of individuals will beat the odds and achieve long-term recovery. What is their secret?

**CURE Addiction Center of Excellence:
Brain Mechanisms of Relapse and Recovery**

 Childress, CURE PI Cocaine - Component 1	 O'Brien, Co-PI UPenn	 Ehrman, Co-PI VA	
 Franklin Marijuana - Component 2	 Langleben Prescription Opioid - Component 3	 Joseph CURE Intern Training - Component 4	 Wadley

A research team from the Department of Psychiatry at the University of Pennsylvania believes that some brains are better equipped to manage the pull of drug rewards – helping them to resist relapse. The Penn team, in collaboration with the Philadelphia VA Medical Center and Lincoln University, was awarded a \$4,999,999 Commonwealth Universal Research Enhancement (CURE) grant to pursue the brain's role in relapse and recovery. The collaborative project is the first to link brain measures with clinical addiction outcomes

on a large scale. Such "linking" projects are rare, as they require expertise both in brain imaging technologies and in clinical trials methodologies. "We are very fortunate to have strengths both in brain imaging and in clinical trials within our large Addictions group in Psychiatry; this enabled a unique proposal," said **Anna Rose Childress, PhD**, Research Professor in the Department of Psychiatry, who leads the CURE Addiction Center of Excellence.

CURE Center grants are competitive research mechanisms supported by the Commonwealth of Pennsylvania with funding from the State's tobacco settlement funds. The State's Health Advisory Board annually selects the special topics for competitive applications, based on public written testimony and oral presentations of public health problems by academic researchers. The grants themselves must meet several special requirements, including collaboration between at least two research centers within the State, and research training of minority interns through collaboration with an historically-black institution within Pennsylvania. Reflecting these collaborative requirements, **Charles P. O'Brien, MD, PhD**,

Departmental Goings On

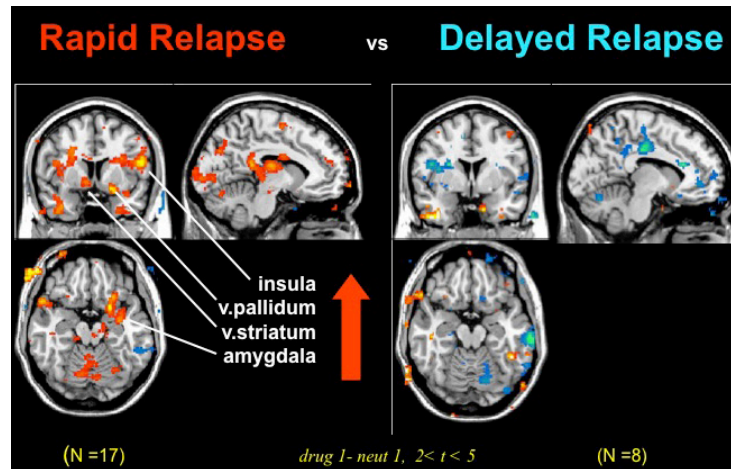
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Kenneth E. Appel Professor of Psychiatry, is CURE Co-PI at Penn, and **Ronald N. Ehrman, PhD**, Clinical Associate Professor of Psychology in Psychiatry, is CURE Co-PI at the VA. The collaborative training of CURE minority interns is led by **Patricia Joseph, PhD** and **James Wadley, PhD** at Lincoln University, and by **James W. Cornish, MD, Ms. Sabrina Poole**, and **Ms. Tamara Boney** from Penn. More than 40 health research professionals in Penn Psychiatry are providing critical core functions in the CURE Addiction Center of Excellence, including **Kyle M. Kampman, MD** as Medical Director; **Anita V. Hole, PhD** as Senior Clinician; **Kevin G. Lynch, PhD** as Senior Biostatistician; **Wade H. Berrettini, MD, PhD** as Senior Geneticist; **Ze Wang, PhD** as Senior Engineer; and **Jesse Suh, PhD**, who provides critical quality assurance for the behavioral tasks in the project.

A special community appeal of the CURE Addiction Center of Excellence is that it provides – as a part of the research design – 12 weeks of free treatment for cocaine-, marijuana-, and opiate-addicted individuals. Toward preventing relapse, each CURE participant is trained in active strategies for coping with drug craving triggered by drug-related cues (e.g., sights, sounds, smells, thoughts). Marijuana- and opiate-addicted CURE participants may also receive medications to help prevent relapse. **Teresa Franklin, PhD**, Research Assistant Professor of Neuroscience

in Psychiatry, leads the marijuana component of the CURE. Dr. Franklin is testing whether baclofen, a safe and familiar anti-spasm medication that has shown preliminary promise in alcohol and other addictions, may reduce marijuana use. As there is no FDA-approved medication for marijuana addiction, the baclofen results will be of great interest to both the clinical and research community. **Daniel D. Langleben, MD**, Associate

Professor of Psychiatry, leads the opiate component of the CURE. Participants in the CURE opiate project will receive three long-acting injections of naltrexone (Vivitrol), an FDA-approved medication for opiate addiction. Naltrexone prevents the action of opiates in the brain, blocking both the rewarding properties of opiates and their ability to produce physical dependence. Each injection of Vivitrol provides protection against re-addiction to opiates for approximately one month. As the long-acting naltrexone injections are not currently covered by all insurance policies, and are expensive, the CURE opiate project offers a significant clinical benefit to those struggling with opiate addiction.



Heightened brain response to drug cues in motivational circuitry is associated with rapid relapse in cocaine patients. These preliminary data encouraged the use of brain measures to predict relapse, a primary goal of the CURE Center.

To learn more about the CURE Addiction Center of Excellence (Brain Mechanisms of Relapse and Recovery), or to make a referral for eligibility screening, please visit http://www.med.upenn.edu/csa/brain_cure.html or call 1-800-528-5527 .

Awards and Honors

Regional, National, and International Honors



Six (6) Department of Psychiatry physicians were recognized by *Philadelphia Magazine* as "Top Doctors" in the region, as reported in the May 2013 issue – **Kyle M. Kampman, MD** (Addiction Psychiatry); **Anthony L. Rostain, MD, MA** (Child and Adolescent Psychiatry); **Joel E. Streim, MD** (Geriatric Psychiatry); **Steven E. Arnold, MD** (Psychiatry; Alzheimer's Disease); **Edward S. Brodtkin, MD** (Psychiatry); and **Michael E. Thase, MD** (Psychiatry).

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>.



Biology of Violence: Why Boston?

Adrian Raine, PhD, the Richard Perry Professor of Criminology and Psychiatry, spoke to *Time's* Healthland about topics covered in his new book, *The Anatomy of Violence: The Biological Roots of Crime* (Pantheon), as well as issues raised by the recent Boston bombings. Speaking directly to the question of why the alleged perpetrators may have committed these acts, Dr. Raine said, "Most mass killers have mixed motives, but more often than not there is a fundamental grievance, a score that needs to be settled with society. For [the older brother], the earlier questioning by the FBI and rejection of his application for US citizenship could have been a contributing factor that got wrapped up with political ideology and a dissatisfaction with his own life. But likely a complex combination of factors created this toxic mix – likely a biological predisposition to violence combined with social triggers and mild mental illness."

View the April 23, 2013 *Time* Healthland interview at - <http://healthland.time.com/2013/04/23/qa-criminologist-adrian-raine-on-the-marathon-bombs-the-biology-of-violence/#ixzz2RNsn7uxH>

Dr. Raine was interviewed about the issues raised in his new book by several media outlets, including the: 1) *Philadelphia Inquirer* for an April 30 story (http://www.philly.com/philly/health/20130430_Markers_for_crime_raise_thorny_questions.html); 2) *Scientific American* for a May 7 story (<http://www.scientificamerican.com/article.cfm?id=secrets-criminal-mind-adrian-raine>); 3) NPR's "Fresh Air from WHYY" for an April 30 story and segment (<http://www.npr.org/2013/05/01/180096559/criminologist-believes-violent-behavior-is-biological>); and 4) WHYY's "Radio Times" for a May 6 segment (<http://whyy.org/cms/radiotimes/2013/05/06/anatomy-of-violence/>).

The book has been reviewed in numerous publications, including the: 1) *New York Times* on April 29 (<http://www.nytimes.com/2013/04/30/science/wired-for-crime-competition-in-science.html>); 2) *Irish Independent* on April 30 (<http://www.independent.ie/lifestyle/health/understanding-the-psychopathic-mind-29232127.html>); and 3) *Wall Street Journal* on May 3 (<http://online.wsj.com/article/SB10001424127887323309604578428541442292394.html>).



Mixed-Weight Couples

David B. Sarwer, PhD, Professor of Psychology in Psychiatry and Surgery, Director of Clinical Services at the Center for Weight and Eating Disorders, and Director of the Albert J. Stunkard Weight Management Program, spoke to CBS3 (Philadelphia) in a March 18, 2013 segment about problems that mixed-weight couples may encounter. Research from the *Journal of Social and Personal Relationships* shows mixed weight couples have more conflict, including arguments and feelings of anger and resentment. "Those little disagreements or insults can really take a toll on a relationship over time, and as a result, couples can sometimes find themselves pulling farther and farther apart," said Dr. Sarwer. "Body weight and obesity play a much more central role in a romantic relationship than perhaps we've ever thought before."

View the March 18, 2013 CBS3 segment at - <http://philadelphia.cbslocal.com/2013/03/18/health-mixed-weight-couples/>

News and Announcements

In the News

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Ads with Strong Arguments Make a Difference in Reducing Smoking

Daniel D. Langleben, MD, Associate Professor of Psychiatry and a researcher in the Department of Psychiatry's Center for Studies of Addiction, led a study published online April 23, 2013 in the *Journal of Neuroscience* that suggests that effective arguments have a greater impact than flashy format in causing smokers to reduce their smoking habit. Using functional magnetic resonance imaging, Dr. Langleben and his research team found that smokers who viewed ads with stronger arguments had greater activation in the prefrontal cortex (an area associated with higher cognitive functions) and lower levels of nicotine metabolites in the urine a month later. This is the first study that studied the actual previously aired antismoking ads with both brain imaging and objective measures of smoking to determine what makes public health communications effective. This study is an extension of the previous study by the Penn team, published in 2009, that was the first to show that flashy format in anti-smoking ads may not make them more effective in terms of brain activation or target behaviors. Dr. Langleben explained, "We

investigated the two major dimensions of any piece of media, content and format, which are both important here. If your ad's arguments are weak, it doesn't matter how much money you spent on the flashy format. You can spend lots of money on special effects that would make your ad entertaining but, in terms of changing the targeted behavior, content is more important and works better with the least sensational means." Sophisticated editing and other special effects are only worthwhile when the arguments are persuasive." The study was done in collaboration with investigators from the Annenberg Public Policy Center at the University of Pennsylvania and the Department of Psychiatry, including An-Li Wang, DPhil, **Kosha Ruparel, MSE, James W. Loughead, PhD, Andrew A. Strasser, PhD, Shira J. Blady, Kevin G. Lynch, PhD, Dan Romer, PhD**, Joseph N. Cappella, PhD, **Caryn Lerman, PhD**, and **Daniel D. Langleben, MD**.

View the April 23, 2013 Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2013/04/langleben/

This story was covered in a WHYY (Philadelphia) Newsworks April 29, 2013 article (<http://www.newsworks.org/index.php/local/item/54085>) and in an April 24 Medical Daily story (<http://www.medicaldaily.com/articles/14856/20130424/antismoking-cigarettes-cdc-drugs-advertising-prefrontal-cortex-tobacco.htm>).



Experts Question Police Methods in Indianapolis Prostitution Sting

Mary Anne Layden, PhD, Assistant Professor of Clinical Psychology in Psychiatry and Director of the Sexual Trauma and Psychopathology Program in the Department of Psychiatry, spoke with the *Indianapolis Star* for a May 3, 2013 story about methods used by police in the Indianapolis area to target and arrest prostituted women. Legal experts and women's advocates questioned the approach used in a recent prostitution sex sting of having sex with the victims before arresting them, labeling it excessive and misapplied to an investigation that involved possible human trafficking. Dr. Layden had testified in a Pennsylvania case in which that police policy had been successfully challenged. In the Indianapolis situation, Dr. Layden said that prostituted women should be treated as victims and provided with social services instead of jail time, and added, "When the police are doing sting operations and saying 'We're trying to protect these sex trafficking victims by going in,' that is even on the most superficial level misguided."

View the May 3, 2013 *Indianapolis Star* article at - <http://www.indystar.com/article/20130502/NEWS02/305020050?odyssey=mod|mostcom&gcheck=1>

News and Announcements

Upcoming Events

PBHMind Symposia Series

The University of Pennsylvania's Department of Psychiatry and Penn Behavioral Health invite practitioners in the mental health and wellness arena to earn continuing education credits and Certificates of Advanced Training through PBHMind. Courses are designed to provide varying levels of knowledge for psychologists, social workers, therapists, and other practitioners in 11 different topic areas. Offerings include 1.5 day symposia, live webinar series, and small group consultation with experts. Upcoming offerings are listed below. Visit our website at www.pbhmind.com to learn more about our programs and to view our full course catalog.

May 31-June 1, 2013

PTSD Symposium - "Facilitating Recovery: Evidence-Based Treatment of Posttraumatic Stress Disorder"

Posttraumatic Stress Disorder (PTSD) is a common condition, with prevalence in the general US population of about 8% and prevalence estimates in military and veteran populations ranging up to 17%. Presentations in this symposium will summarize our knowledge of the impact of trauma, early interventions for trauma survivors, and the development, maintenance, and treatment of PTSD. Strategies for assessment of trauma survivors and cognitive behavioral treatments (CBT) that are highly effective for treatment of PTSD resulting from a range of traumas will be described. Treatment-related presentations include working with special populations (adolescents, veterans, those with comorbid alcohol dependence, traumatic grief). This program is designed for professionals with beginning to advanced skills in working with individuals suffering trauma-related disorders.

Location: 3400 Civic Center Blvd, Smilow Center for Translational Research

For additional information or to register, please visit: <http://www.pbhmind.com/ptsd-symposium-13>

Wednesdays, June 12-July 10

Couples and Family Lecture Series - "Issues in Couples Therapy"

The PBHMind Couples and Family Lecture Series consists of five webinars that will focus on specific, clinically significant topics that are relevant to working with couples or families. These include: (1) treating couples presenting with problems related to infidelity; (2) working with same-sex couples; (3) therapy with ADHD-affected couples; (4) integrating Imago dialogue process with other couple therapy skills; and (5) guiding families through the continuum of care when a parent has cancer.

The Couples and Family Lecture Series will be offered each Wednesday at 11:00am beginning Wednesday, June 12th through Wednesday, July 10th, 2013. For additional information or to register, please visit: <http://www.pbhmind.com/couples-series-13>

Announcements

Slim Down for the Summer with the Stunkard Program

The University of Pennsylvania's **Albert J. Stunkard Weight Management Program** builds on decades of research expertise to provide the highest quality weight loss treatment. To learn more about discounts for Penn and UPHS employees, visit our website at <http://www.med.upenn.edu/weightloss/> or call 215-746-4100 to register for a FREE orientation.

New PBHMind Dates Being Added

Fall 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.

