



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*

Departmental Goings On

A New Conte Center in the Department of Psychiatry

In September, **Raquel E. Gur, MD, PhD**, the Karl and Linda Rickels Professor of Psychiatry and Director of the Neuropsychiatry Section, received funding from the National Institute on Mental Health (NIMH) for a new Silvio O. Conte Center for Basic and Translational Mental Health Research. Dr. Gur is the Director of the Center and the Principal Investigator (PI) of this P50 grant, which is titled "Developmental Trajectories of Negative Symptoms in Schizophrenia" and funded through June 2017. According to the NIMH, Conte Centers in the neurosciences "provide a framework for the pursuit of basic neuroscience and support the translation of work from basic behavioral science research and relevant integrative neuroscience research." Dr. Gur and her research team will focus on the neural basis of negative symptoms in schizophrenia. The Center will include five (5) projects and two (2) cores, performing a wide array of studies and utilizing diverse experimental techniques in human subjects, postmortem tissue, and mice to examine the roles of NMDA receptor function and the amygdala in the neurocircuitry underlying asociality, lack of motivation, and heightened anxiety. The Center will provide a neurodevelopmental perspective in studying adolescents and young adults at-risk for schizophrenia. In addition to the research projects, the Conte Center has an education mission and a community outreach program.



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Department Establishes the Brain Injury and Behavior Center (BIBC)



The Brain Injury and Behavior Center (BIBC) is led by **Alexander S. Zvil, MD**, Director and Staff Neuropsychiatrist, who was recently recruited to Penn and the Department. The BIBC provides and coordinates comprehensive neurobehavioral medical care to patients with brain injuries and illnesses. The new Center specializes in neurobehavioral medicine, providing comprehensive evaluation and treatment of mood, cognitive, and behavioral disturbances in individuals with brain injuries and illnesses, including concussions, severe Traumatic Brain Injury (TBI), strokes, tumors, seizure disorders, and any diagnosed focal or generalized brain disease.

The BIBC interacts with other specialty departments and programs at Penn, including Physical Medicine and Rehabilitation, Neurology, and Radiology, among others, to coordinate specialized services and comprehensive medical, behavioral, and psychological care for patients.

The Brain Injury and Behavior Center (BIBC) is located in Room 2018 at 3535 Market Street in Philadelphia. For additional information, please visit the BIBC website (www.med.upenn.edu/bibc) or contact the Center via phone at 215-573-3308.

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>.



Watch that Drink If You're Thinking About Your Waistline

David 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, was interviewed by NBC News for a November 15, 2012 story about weight gain caused by alcohol consumption. A survey of 11,000 Americans conducted by the National Center for Health Statistics indicated that, on average, women consume 50 calories a day in alcoholic beverages and men consume 150 calories. Dr. Sarwer did not find these findings surprising, but he did consider them "concerning," and added, "For every extra 100 calories per day you're taking in over and above what you are burning there's a potential for gaining one pound per month." Indeed, Dr. Sarwer said, the report may well underestimate actual alcohol consumption in the U.S. and thus its impact on weight gain.

For the full story, please visit: http://vitals.nbcnews.com/_news/2012/11/15/15170073-bottoms-up-report-reveals-our-boozy-calories



Alzheimer's Disease - Bringing Us Up-To-Date on the Latest

Steven E. Arnold, MD, Professor of Psychiatry and Neurology and Director of the Geriatric Psychiatry Section, Cellular and Molecular Neuropathology Program, and the Penn Memory Center, spoke with HuffPost Live about a new study showing that Alzheimer's is the disease Americans fear the most. In the panel discussion, Dr. Arnold said that Alzheimer's disease is by far the most common cause of dementia and that "we understand a lot more about what Alzheimer's disease is now... We have really been able to nail down a lot of the biological basis for the degeneration that occurs in the brain." Dr. Arnold also said that we have become very good at diagnosing Alzheimer's disease, and some treatments exist that provide some modest symptomatic benefits, but no medicines exist that "modify the course of the disease or prevent it from getting worse." However, he added that there are good research leads and "we are all very optimistic that we will be able to prevent or slow down the progression of the disease, but we're not there yet." Dr. Arnold also discussed some of the ways that people can modify their behaviors

to help prevent or put off Alzheimer's, noting the general premise that "what's good for your heart is good for your head" and emphasizing the importance of physical activity and exercise, mental stimulation, and maintaining social interactions.

To view the video discussion, visit <http://live.huffingtonpost.com/r/segment/anxious-about-alzheimer%27s/50a54fef02a76032eb000057>



To Test or Not To Test

Falk W. Lohoff, MD, Assistant Professor of Psychiatry, commented in a November 23, 2012 WHYY (Philadelphia) story about the use of genetic testing to help predict better treatment response for anti-depressants. Some medications work for some patients, but not for others, and genetic testing may ultimately identify the genetic markers to guide the selection of specific drugs for treatment. Dr. Lohoff cautioned about the value of the tests. "These genetic tests are tools," he said. "They can help us; they will give us more information, but they are by no means deterministic, that if you have a certain marker that you are untreatable."

Read more at <http://www.newsworks.org/index.php/health-science/item/47411-genetic-test-helps-explain-why-anti-depressants-work-only-for-some>.

News and Announcements

Awards and Honors

Regional and National Honors

David F. Dinges, PhD, Professor of Psychology in Psychiatry and Chief of the Division of Sleep and Chronobiology in the Department of Psychiatry, was selected by the National Space Biomedical Research Institute (NSBRI) to continue his 13-year leadership of the Neurobehavioral and Psychosocial Factors Team of investigators through 2015. He is only one of seven individuals nationwide chosen by the NSBRI to lead teams focused on health and safety challenges for astronauts undertaking extended space flight. Dr. Dinges is internationally recognized for his expertise on human sleep need in relation to health and safety and life style factors that compromise sleep health. He and his team have performed cutting edge research on the causes, mechanisms, and processes of human sleep deprivation (cognitive, behavioral, emotional, biological, genetic) and the prevention of these fatigue effects and excessive sleepiness by interventions, countermeasures, clinical practices, and federal policies. For more about this NSBRI initiative, please visit: <http://www.nsbri.org/science-and-technology/neurobehavioral-and-psychosocial-factors/>



Edna B. Foa, PhD, Professor of Clinical Psychology in Psychiatry and Director of the Center for the Treatment and Study of Anxiety, received the Lifetime Achievement Award from the Philadelphia Behavior Therapy Association (PBTA) in May 2012. The PBTA promotes scientifically-based psychotherapy in the Philadelphia region through education and networking within the Cognitive-Behavioral Therapy (CBT) community in the area. Dr. Foa is a world-leading expert on obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) and the developer of Exposure and Ritual Prevention (EX/RP) therapy to treat OCD and Prolonged Exposure (PE) therapy to treat PTSD.

Thomas A. Wadden, PhD, Albert J. Stunkard Professor of Psychiatry and Director of the Center for Weight and Eating Disorders, received the TOPS (Take Off Pounds Sensibly) Research Achievement Award from The Obesity Society. The award "recognizes an individual for singular achievement or contribution to research in the field of obesity" and is supported by an annual grant from the Take Off Pounds Sensibly Foundation (TOPS). Dr. Wadden was presented the award at the Annual Scientific Meeting of The Obesity Society in September 2012 in San Antonio, Texas, where he delivered the TOPS Research Achievement Award Lecture on "Looking AHEAD in the Management of Obesity." Dr. Wadden is one of the nation's premier obesity researchers.



Penn Teaching Awards

Anthony L. Rostain, MD, MA (pictured, center) is presented with the 2012 Robert Dunning Dripps Memorial Award for Excellence in Graduate Medical Education by EVP/Dean J. Larry Jameson, MD, PhD (left) and Senior Vice Dean for Education Gail Morrison, MD (right). The Dripps Award "recognizes excellence as an educator of residents and fellows in clinical care, research, teaching, or administration."

David Weiss, MD received the 2012 Dean's Award for Excellence in Clinical Teaching (at an Affiliated Hospital). This award recognizes clinical teaching excellence and commitment to medical education by outstanding faculty members from affiliated hospitals.

David Lee, MD received the 2012 Medical Student Teaching Award. This award is given to a resident who has been a consistently outstanding teacher of medical students.



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, Emeritus Professor of Psychiatry and former Chair of the Department, this award recognizes Dr. Stunkard's enormous contribution to the education, training, and support of Department housestaff.

Claudia F. Baldassano, MD, Mahendra T. Bhati, MD, E. Cabrina Campbell, MD, Spencer J. Kostinsky, MD, and James L. Stinnett, MD received this honor in 2012.

The 2012 PGY-3 & 4 Teaching Award was awarded to **Richard F. Summers, MD** and the 2012 PGY-1 & 2 Teaching Award was awarded to **Scott A. Campbell, MD**. 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.



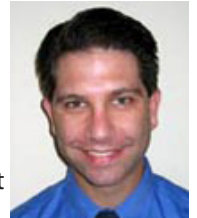
Deborah Kim, MD was awarded the 2012 Martin P. Szuba Award for Excellence in Clinical Teaching and Research. This award is presented annually to a Department faculty member with outstanding teaching abilities, ongoing clinical research, and a focus on translating research concepts into clinically useful teaching, all of which Dr. Szuba embodied in his work.

Robert L. Sadoff, MD received the 2012 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.

Judith S. Beck, PhD was the recipient of the 2012 Earl Bond Award. Initiated by the efforts of Dr. William Peltz, this annual

award is given to a Department member who has distinguished himself/herself for teaching at the medical student, resident, and/or graduate levels.

Benjamin R. Nordstrom, MD received the 2012 Scott Mackler Award for Excellence in Substance Abuse Teaching. This award is given by the Penn/VA Center for Studies of Addiction and the Department of Psychiatry. First given in 2000, the award honors Dr. Scott Mackler who is known for his excellence in teaching medical students, residents, post-doctoral fellows, nurses, and other Penn faculty in the area of substance abuse.



Mario Cristancho, MD and John Northrop, MD received the 2012 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.



Bianca Previdi, MD received the 2012 Psychodynamic Psychotherapy Award given by the Psychoanalytic Cluster Steering Committee. This award honors graduating residents in recognition of their excellence in providing psychodynamic psychotherapy.

Leadership Appointments

Nicholas Tsopelas, MD was appointed Associate Director of the Psychosomatic Medicine Program at the Hospital of the University of Pennsylvania, effective November 2012. Dr. Tsopelas' career began as a clinical oncologist in Greece. He came to the U.S. and completed his Psychiatry Residency and a Geriatric Psychiatry Fellowship at the Mt. Sinai School of Medicine (New York City) and an additional Fellowship in Psychosomatic Medicine at the Brigham and Women's Hospital of Harvard Medical School. After his training, he held positions as an Assistant Professor of Psychiatry at Mt. Sinai, Associate Director of the Mental Illness Research, Education and Clinical Center (MIRECC) at the Montrose (New York) VA Medical Center, and Assistant Professor of Psychiatry at Western Psychiatric Institute of the University of Pittsburgh, where he worked in Emergency Psychiatry and did clinical geriatric and neuroimaging research. Presently, Dr. Tsopelas is the Medical Director of the Health Center "Phaenarete", a Women's Health project for postpartum disorders under the Greek Ministry of Health within the scope of the European Union Mental Health Reform Act. At Penn, in addition to Dr. Tsopelas' position on the Psychosomatic Medicine Service with Robert M. Weinrieb, MD, he will be doing clinical research at the Penn Memory Center with Steven E. Arnold, MD. His interests include the interface of medicine with neuropsychiatry and the neurocognitive functions in degenerative brain diseases. Dr. Tsopelas has been awarded clinical and research awards for his work and has authored numerous peer reviewed publications.

Upcoming Events

Center for Mental Health Policy and Services Research Guest Speaker Series

Penn Center for Mental Health Policy and Services Research, The Neuroscience Behavior Initiative, and The Leonard Davis Institute on Health Economics present a guest speaker series on "Effectiveness and Implementation of Mental Health Interventions". The upcoming lecture is listed below. For more information about the CMHPSR Guest Speaker Series and the 2013 schedule, please visit - <http://www.med.upenn.edu/cmhpsr/calendar.html>.

January 7, 2013

Dr. Curtis McMillen, Professor, University of Chicago School of Social Service Administration, will present a talk entitled "Where Intervention Development and Implementation Intersect: Services for Youth and Foster Care" at the next CMHPSR Guest Speaker lecture on January 7, 2013.

Department of Psychiatry Grand Rounds – January 17 and January 31

Department of Psychiatry Grand Rounds are held in BRB II/III Auditorium from 12:00 noon to 1:00 pm on the designated dates. The next two lectures are listed below. For more information about Grand Rounds and the 2012-13 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

January 17, 2013

Global Mental Health and Ethics Module - "Health Care Reform and The Future of American Medicine"

Speaker: Ezekiel J. Emanuel, MD, PhD, Diane v.S. Levy and Robert M. Levy University Professor, Medical Ethics and Health Policy Department, Perelman School of Medicine, University of Pennsylvania

Location: Perelman West Building, 1st Floor - Rubenstein Auditorium (TRC)

January 31, 2013

Global Mental Health and Ethics Module - "Behavioral Healthcare & Health Reform: Clinical Challenges, Ethical Opportunities"

Speaker: Dominic A. Sisti, PhD, Program Director, The Scattergood Program for Applied Ethics of Behavioral Healthcare, Department of Medical Ethics & Health Policy, Perelman School of Medicine at the University of Pennsylvania

Location: 3535 Market Street, 16th Floor, Conference Room D

Announcements

Enrollment Now Open for Hall Mercer Child and Parent Center Winter 2013 Programs

Registration is now open for the Winter 2013 programs at **Hall Mercer's Child and Parent Center**. Please visit their website to download the Winter 2013 schedule and application form or to learn more about their programs - <http://www.med.upenn.edu/hallmercer/center.shtml>

New Year, New You!

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

*Happy Holidays and Best Wishes for a
Joyous New Year from Penn Psychiatry!*