



Fresh Insights

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WHEN I REFLECT on the past 12 months, I am amazed at what we have accomplished. The success of our Department is a direct result of continuous hard work from our faculty, residents and staff. We continue to excel in our tripartite mission of education, research and clinical care. With an outstanding class of residents and fellows as well as several new faculty members coming on board, we are poised for another successful year.

Collaboration is the key to our success in all of these areas. For example, we recently implemented a new collaborative care model at UC Health's Internal Medicine resident clinics. The model, implemented at this clinic by Cheryl McCullumsmith, MD, PhD, Cal Adler, MD, and mental health counselor Jocelyn Weber, PCC-S, provides mental health care through a coordinated process that follows patients in their primary care clinic and escalates care as needed.

Collaboration was also a key component in successfully competing for a large pragmatic trial award from the Patient-

OUR MISSION To acquire and refine medical and scientific knowledge and then to apply it through education and clinical service toward high-quality, evidence-based treatment of people suffering from mental illnesses.

OUR VISION To be international leaders advancing the diagnosis and treatment of psychiatric disorders.

Centered Outcomes Research Institute (PCORI) for \$12.9 million. John Hutton, MD, a professor of pediatrics and associate dean for information services at the UC College of Medicine, had been exploring opportunities for mental health research at Cincinnati Children's Hospital Medical Center and was struck by the number of children who required both psychiatric care and drug therapy. He and Mike Sorter, MD, director of the Division of Child Psychiatry at Cincinnati Children's, suggested that we put together a collaborative team of researchers from UC and Cincinnati Children's to study how best to treat children with bipolar disorders.

The resulting MOBILITY (Metformin for Overweight and OBese CHILdren with Bipolar Spectrum Disorders Treated with Second-Generation AntipsYchotics) team is truly collaborative, composed of patients and their family members, representatives of local and national advocacy groups and major third-party players as well as many academic researchers from all over the country. We're partnering with numerous regional and national mental health facilities, community mental health sites and agencies such as the Depression and Bipolar Support Alliance (DBSA) and NAMI (National Alliance on Mental Illness) Southwest Ohio.

The study's "patient-centered" design and outcome measures were determined over months of meetings and research to ensure that they address the questions that patients and families identify as most important to them. We'll be enrolling a broad range of patients and imposing few restrictions on their care, then using cutting-edge statistical methods we will assess how treatment outcomes relate to each other and whether they differ among clinical and demographic subgroups.

If you are reading this, you are a collaborator, too. We want you to stay connected, and your ongoing support is needed and appreciated by our Department and the College of Medicine. Please continue to follow our progress on our website (www.psychiatry.uc.edu) and Twitter account (@UC_Psychiatry).

Melissa P. DelBello, MD, MS
Dr. Stanley and Mickey Kaplan Professor and Chair
Department of Psychiatry and Behavioral Neuroscience

On the cover: Jeffrey Strawn, MD, an assistant professor of psychiatry and behavioral neuroscience and a UC Health and Cincinnati Children's Hospital Medical Center child and adolescent psychiatrist, is the director of the Anxiety Disorders Research Program at UC. *Story, Page 2.*

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Essay by Baylor's Mark Ziats Wins Annual Kaplan Contest

Mark Ziats of Baylor College of Medicine in Houston was the winner of the annual Stanley M. Kaplan, MD, Medical Student



Ziats

Essay Contest. His essay was titled, "Identification of Differentially Expressed MicroRNAs Across the Developing Human Brain." He won a cash prize of \$500.

Runners-up were "Neurofunctional

Changes in Adolescent Cannabis Users with and without Bipolar Disorder" by Samantha Bitter of the UC College of Medicine and "Biopsychosocial factors in rampage violence—nature or nurture?" by Amy Huang at State University of New York Downstate College of Medicine in Brooklyn.

The contest was established in 1992 with support from the late Stanley Kaplan, MD, professor emeritus of psychiatry. The Dr. Stanley M. Kaplan Foundation provides continued support of medical student education and this award.

Ogbonna Receives Addiction Medicine Foundation Award

Chinyere Ogbonna, MD, a Class of 2015 resident in the Combined Family Medicine/Psychiatry Residency Program, was



Ogbonna

selected to receive a 2015-16 New Generation Award for Adolescent Substance Use Prevention from the American Board of Addiction Medicine

Foundation.

The award recognizes addiction medicine fellows whose achievements and career plans distinguish them as emerging leaders in the field. It also recognizes the ability of the fellowship program to provide a training experience that will enable the fellow to reach their potential and that will remain as lasting curricular strength in the program for the benefit of future addiction medicine fellows.

Miller Selected Editor-in-Chief of ASAM's Flagship Textbook

Shannon Miller, MD, professor of clinical psychiatry, has been selected by the



Miller

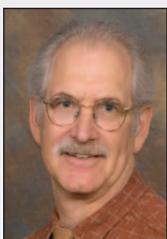
American Society of Addiction Medicine (ASAM) as editor-in-chief of its flagship textbook, "Principles of Addiction Medicine." He previously served as associate editor on the fourth and fifth editions of this refer-

ence textbook for ASAM, the nation's largest physician addiction specialty society.

Miller serves as associate director for the Department of Psychiatry and Behavioral Neuroscience's Addiction Sciences Division, director of the Addiction Medicine Research and Addiction Psychiatry Fellowships and Cincinnati Department of Veterans Affairs Medical Center acting director of substance abuse treatment programs.

VA's R. Jeffrey Goldsmith Named President-Elect of ASAM

R. Jeffrey Goldsmith, MD, has been named



Goldsmith

president-elect of the American Society of Addiction Medicine (ASAM). Goldsmith works in the posttraumatic stress clinic at the Cincinnati Department of Veterans Affairs (VA) Medical Center.

Kenney Wins Laughlin Foundation Endowment Fund Award

Kathryn Kenney, DO, MBA, a graduating General Psychiatry resident, is the 2015 winner of the Dr. Henry P. and M. Page



Kenney

Durkee Laughlin Foundation Psychiatric Endowment Fund Award at UC. This cash award is given to residents in recognition of their professional achievement, dedication and scholarship throughout residency training.

Based in Frederick, Maryland, the Laughlin Foundation for more than 30 years has honored outstanding residents

in psychiatric training programs throughout the United States and the United Kingdom.

Tiffany Selected as 2015 Winner of Travel Award Honoring Levines

Elizabeth Tiffany, MD, inpatient chief resident, Class of 2015, was selected as the winner of the third annual Maurice and Diana Levine Travel Award. The award was



Tiffany

created by the daughters of Maurice Levine, MD—who chaired what was then known as the UC Department of Psychiatry for almost 25 years—in memory of their parents. Previous awardees are Christopher Maretz, MD, MPH, and Stephen Rush, MD.

Tiffany received a grant of \$1,000 toward her travel expenses to attend the American Psychiatric Association annual meeting in Toronto. She also had the opportunity to meet with Ellen Ebert, daughter of the Levines, and her husband, psychiatrist Michael Ebert, MD, to receive their congratulations in person.

Baik Wins Liang Award

Rusty Baik, MD, is the 2015 winner of the Warren Liang Award for Psychiatry Excellence. The award honoring Liang, a professor emeritus in the Department of Psychiatry and Behavioral Neuroscience



Baik

and director of psychiatry residency training from 1994-2008, was instituted in 2014 and will go annually to an outstanding senior medical student at the UC College of Medicine.

Baik is an incoming General Psychiatry resident at UC. He received his award at the College of Medicine's Honors Day May 23. ■

To advance the diagnosis and treatment of psychiatric disorders through education and clinical services, we are forming a community advisory board. If interested, please contact Kathy Nullmeier at 513-558-6769 or kathy.nullmeier@uc.edu. ■

New Program Seeks Better Understanding of Anxiety

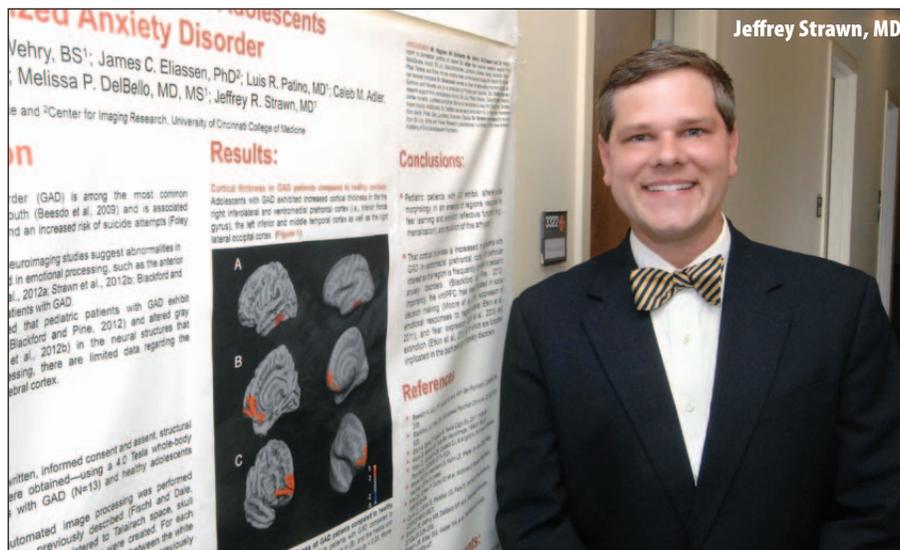
Name a mental illness. Depression, right? Schizophrenia. And, of course, bipolar disorder. They're the ones you often read or hear about. But Jeffrey Strawn, MD, says it's important not to overlook one of the most prevalent conditions in psychiatry.

Strawn, an assistant professor in the Department of Psychiatry and Behavioral Neuroscience and a child and adolescent psychiatrist with UC Health and Cincinnati Children's Hospital Medical Center, is the director of the department's newly formed Anxiety Disorders Research Program. In that role, he and colleagues will be looking at how anxiety develops and can become a full-fledged mental disorder with the capability of leading to other disorders.

"As a child and adolescent psychiatrist, I see an accumulating amount of research and knowledge of mood disorders, attentional disorders, autism spectrum disorders and other conditions in children, but relatively few researchers have chosen to study anxiety disorders in youth despite the fact that they're incredibly prevalent and also have keystone roles.

"As such, I mean that the anxiety disorders, especially in pediatric patients, lie at the crossroads of a number of risk factors and developmental pathways and serve a proximal risk factor for a number of other disorders, including depressive disorders, substance use disorders and other psychiatric conditions."

Of course, just because you experi-



ence anxiety doesn't mean you're headed for a serious disorder. As is the case with most such conditions, it's not a disorder until it begins interfering with your daily life.

"We all get anxious—for example, with deadlines coming up, if we're late for an appointment, or with kids perhaps on the first day of school or before the prom," Strawn says. "That's normal. But for folks with anxiety disorders the anxiety occurs daily, is uncontrollable and it's associated with a tremendous sense of ill ease and dysphoria. And it may become incapacitating if they're not able to go to school or to work, or if a patient withdraws from interpersonal relationships."

So how does anxiety cross that line?

"That's one of the things that we're

really interested in," Strawn says. "For example, are there specific markers for disease course? We know that there's a genetic component that likely relates to who crosses that threshold. We also know that there are a number of psychological factors including things like attachment style and also environmental factors, so things like family environment, exposure to separation-related events, parental anxiety, all of those probably contribute."

More drugs have been developed recently for anxiety disorders, Strawn says, where previously drugmakers had tended to focus more on depression, bipolar disorder and schizophrenia.

"My hope is that we'll actually develop markedly better pharmacologic and psychotherapeutic treatments," he says. "Additionally, I hope that we'll have a better understanding of who's going to respond to what. If we can actually look at differences in terms of psychological factors, neurochemistry and functional activity in the brain early in the course of treatment, the hope is that we can ultimately predict who's going to do well with the medicine vs. who may not be likely to respond.

"In fact, right now, we're looking at early, medication-related changes in brain function in teens with generalized anxiety disorder which potentially occur within the first two weeks of treatment and which may allow us to predict who will do well with a certain medication." ■

A PSYCHIATRIST'S PATH: JEFFREY STRAWN, MD

I was exposed to medicine early. My father (Robert Strawn, MD) is an ophthalmologist and adjunct faculty at UC, and I remember going on house calls with him. Seeing the relationship that he had with his patients and its impact probably drew me to medicine.

As an undergraduate biology major at the University of Kentucky, I spent several summers working at the Cincinnati VA in Dr. Thomas Geraciotti's lab, where the focus was on the neurobiology and neuroendocrinology of posttraumatic stress disorder. From that and from seeing the intense interplay between biological and psychological processes, I was drawn to psychiatry—but didn't really envision myself becoming a child and adolescent psychiatrist.

But then I rotated on the inpatient services at Cincinnati Children's during my second year of residency, and I really fell in love with child and adolescent psychiatry. I decided that I wanted to translate that experience from working with the adults with anxiety disorders in Tom's research program to work with anxious children and adolescents. ■

WELCOME to our Incoming Residents and Fellows

General Psychiatry Residents



Rusty Baik, MD
University of Cincinnati
College of Medicine



Bo Fu, MD
Loyola University Stritch
School of Medicine



Joi Moore, MD
Wayne State University
School of Medicine



Ashish Rungta, MD
Wayne State University
School of Medicine



Elizabeth Shelley, MD
Wright State University
Boonshoft School of
Medicine



Walter Wilson, MD
Stony Brook University
School of Medicine

Psychiatry / Child Psychiatry / Pediatrics



Ashley Berry, MD
Wayne State University
School of Medicine



Nicole Goodin, MD
University of Kentucky
College of Medicine



Kim Nguyen, MD
Texas A&M Health
Science Center
College of Medicine

Child and Adolescent Psychiatry Residents



Tomeika Anderson, DO
Edward Via College of
Osteopathic Medicine
University of Cincinnati
Psychiatry Residency
Program



Carina Behrens, MD
Perelman School of
Medicine, University
of Pennsylvania
Hospital of the Univer-
sity of Pennsylvania
Psychiatry Residency
Program



Ashaki Warren, MD
Morehouse School
of Medicine
University of Cincinnati
Psychiatry Residency
Program

Forensic Psychiatry Fellows



Bridget Casey-Leavell, DO
State University of
New York at Buffalo
Residency Program



Rebecca Brown, DO
Michigan State
University Residency
Program

Addiction Psychiatry Fellow



Elizabeth Tiffany, MD
University of Cincinnati
General Psychiatry
Residency Program

Addiction Medicine Research Fellow



Tamera Matherne, MD
Program Director,
West Virginia University
Radiology Residency
Program

Family Medicine / Psychiatry Residents



Aurora Rivendale, MD
University of Maryland
School of Medicine



Julia Thomas, MD
Wake Forest School
of Medicine

CONGRATULATIONS to Our Newest Resident and Fellowship Graduates

Ismail Badran, MD
Kevin Brazill, DO
Courtney Cinko, MD
Paul Houser, MD
Kathryn Kenney, DO
Katherine Lee, MD

Chinyere Ogbonna, MD
Jessica Pineda, MD
Eric Rueff, DO
Neha Shah, DO
Mary Singeltary, DO
Elizabeth Tiffany, MD ■

Taking to the Streets (and the Track) for Mental Health

May 9 was a beautiful morning for a walk, and participants in two events helped raise money for mental health.

NAMIWALKS 2015 started and ended at Sawyer Point Park in downtown Cincinnati, with participants walking 3.1 miles. The UC Psychiatry Team, co-captained by Pete Dillon, PhD, and Miranda Williams, raised a total of \$13,115 for the National Alliance on Mental Illness. Top fundraisers were Stephen Strakowski, MD

(\$4,220), and Stephen Benoit, PhD (\$1,980).

Sponsored by UC Health and the UC Neuroscience Institute, the **LAPS RUN/WALK** to raise awareness and funding for the Fibromyalgia and Chronic Pain Research Fund took place at the UC outdoor track at Gettler Stadium. For more information on the Fibromyalgia and Chronic Pain Research Fund, call 513-558-6769 or visit uc.edu/give to contribute. ■



Participants in the LAPS Run/Walk at UC's Gettler Stadium



UC Psychiatry and Lindner Center of HOPE group photo from NAMIWalks 2015

Follow Department on Twitter

You can now follow the Department of Psychiatry and Behavioral Neuroscience on Twitter at [@UC_Psychiatry](https://twitter.com/UC_Psychiatry).

Follow us for up-to-the-minute department news and developments.

Recent Grants

Project Title:

MOBILITY: Improving Patient-Centered Outcomes Among Overweight and Obese Youth with Bipolar Spectrum Disorders Treated with Second-Generation Antipsychotics

Principal Investigator:

Melissa DelBello, MD

Patient-Centered Outcomes Research Institute

Five years, \$12,906,187

Project Title:

Ohio Valley Node-Network (OVNN) of the NIDA Clinical Trials Network

Principal Investigator:

Theresa Winhusen, PhD

National Institutes of Health

Five years, \$3,952,624

Project Title:

Ketamine as brief adjuvant treatment of acute suicidal ideation in non-psychotic patients

Principal Investigator:

Cheryl McCullumsmith, MD, PhD

American Foundation for Suicide Prevention

Two years, \$89,644 ■

New Leadership for the Department

Several leadership changes have occurred in the Department: **James Herman, PhD**, was appointed vice chair for basic sciences. Based at UC's Reading Campus, he is the director of the Neurobiology Research Center at the UC Neuroscience Institute and holds the Donald C. Harrison Endowed Chair in Medicine in the UC College of Medicine. Herman replaces Stephen Woods, PhD, who decided to step down from his role as vice chair but will continue his appointment as emeritus professor of psychiatry and behavioral neuroscience.

Robert McCullumsmith, MD, PhD, was appointed associate vice chair of translational research and research education. In addition to his clinical work at the VA Medical Center and his research, his new responsibilities will include leading monthly translational research



Herman



McCullumsmith



Woodrum

meetings, overseeing the research pilot award program and organizing the two-year evidence-based psychiatry research course for residents.

Jim Woodrum is the department's new executive director, business administration (EDBA). He comes from Cincinnati Children's Hospital Medical Center, where he had served as business manager of orthopaedic surgery since March 2012. Prior to Cincinnati Children's, he worked at the UC Department of Surgery as a business manager for five years. He received his bachelor's and master's of business administration degrees from UC. ■

Louis Spitz, MD

The Department of Psychiatry and Behavioral Neuroscience wishes to recognize Louis Spitz, MD, whose contributions to mental health in Greater Cincinnati included the founding of the Psychiatric Emergency Service at Cincinnati General Hospital (now UC Medical Center). Dr. Spitz passed away Nov. 11, 2014, in Bethesda, Maryland.



Dr. Spitz began as an instructor in what was then the UC Department of Psychiatry in 1969 and held appointments as assistant professor, associate professor, associate clinical professor and clinical professor of psychiatry, a post which he held until his departure for the Washington, D.C., area in 2003.

Dr. Spitz was born in Cincinnati March 3, 1936, the son of Max and Rose (Signer) Spitz. He attended Walnut Hills High School, the University of Cincinnati, Ohio State University and the UC College of Medicine. He completed his internship at San Francisco General Hospital. He trained initially as a radiologist, and served in the United States Army from 1964 to 1966. Upon his return to civilian life, Dr. Spitz trained as a psychiatrist and opened his first practice in 1969. He received his psychoanalytic training at the Chicago Institute for Psychoanalysis, graduating in 1975.

In 1972 he founded Psychiatric Emergency Service, which provides around-the-clock emergency care for patients experiencing psychiatric crises, including suicidal or homicidal thoughts. (The Psychiatric Emergency Service is now located at UC Medical Center's Deaconess campus.) He served as director of the service from 1972 until 1977. Dr. Spitz was also one of the founders of the Cincinnati Psychoanalytic Institute in 1973 and served there in several capacities, including director (1990-95).

Survivors include his wife, Ritha, daughters Leslie and Tullan, three grandchildren, and one step-grandson. He is also survived by his brother, Harold B. Spitz, MD, of Cincinnati. ■

Faculty Updates: New Hires, Promotions

NEW HIRES

- Jennifer Brown, PhD**, associate professor of clinical, July 1, 2015
Alexandra Gee, PsyD, assistant professor of clinical (transplant psychologist), Sept. 28, 2015
Samuel Greenstein, MD, assistant professor of clinical (consult psychiatrist), July 1, 2015
Nicole Grissom, PhD, research assistant professor (basic science), Sept. 1, 2015
David Karol, MD, assistant professor of clinical (transplant psychiatrist), July 1, 2015
Teresa Reyes, PhD, associate professor (basic science), May 1, 2015
Francisco Romo Nava, MD, postdoctoral fellow, Aug. 31, 2015
Amy Shah, MD, assistant professor of clinical (geriatric psychiatrist), May 1, 2015
Coretta Stallworth, NP, nurse practitioner (mood disorders), May 26, 2015
Jocelyn Weber, PCC-S, counselor for Internal Medicine (Hoxworth Clinic), Feb. 16, 2015
Linda West-Smith, PhD, assistant professor of clinical (bariatric psychiatrist, UC Physicians Weight Loss Center), March 23, 2015
Stephen Wilkes, MD, assistant professor of clinical (geriatric psychiatrist), July 15, 2015

PROMOTIONS

- James Herman, PhD**, to vice chair of basic science
Robert McCullumsmith, MD, PhD, to associate vice chair for translational research
Brent Myers, PhD, to research assistant professor, April 1, 2015

UPDATES

- Linda Bodie, PsyD**, volunteer, Feb. 1, 2015
Richard Komoroski, PhD, retiring, June 30, 2015

LINDNER CENTER OF HOPE

- Jonathan Cole, MD**, assistant professor of clinical, July 21, 2015
Leslie Deckter, MD, assistant professor of clinical, July 21, 2015
William Hartmann, MD, assistant professor of clinical, July 21, 2015
Paul House, MD, assistant professor of clinical, Aug. 4, 2015
Christopher Lockey, MD, adjunct assistant professor of clinical, May 12, 2015
Christie Wetzel, NP, nurse practitioner, Lindner Center of HOPE, March 2, 2015

AFFILIATES

- Daniel Almeida, MD**, assistant professor of clinical affiliate with Cincinnati Children's, July 1, 2015
Courtney Cinko, MD, assistant professor of clinical affiliate with Cincinnati Children's, July 1, 2015
Christopher Rowe, MD, assistant professor educator affiliate, TBD ■

EMPLOYMENT OPPORTUNITIES

Our department is growing, and we have a particular need for faculty in specific areas. We are looking for inpatient psychiatrists, a women's center therapist, general therapist and faculty who have clinical and/or research expertise in addiction, geriatrics or child and adolescent psychiatry. For information, contact Melissa DelBello, MD, at melissa.delbello@uc.edu. ■

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UNIVERSITY OF CINCINNATI

Lindner Center of HOPE Hosts Education Day

Actress and singer Mackenzie Phillips gave a presentation at Lindner Center of HOPE's Education Day, a half-day workshop designed to enhance awareness about the facts of mental illness and addiction that was held May 3 at the Manor House in Mason, Ohio.

Paul Keck Jr., MD, president and CEO of Lindner Center of HOPE and professor and vice chair in the Department of Psychiatry and Behavioral Neuroscience, gave the welcome and keynote.

Phillips spoke about her experience getting sober after her troubled teen years. Breakout sessions followed her talk.

Proceeds went toward the Bipolar and Mood Disorders Research Fund at Lindner Center of HOPE, a partnership of UC Health and the Lindner Family Foundation. ■



Actress Mackenzie Phillips is pictured with Lindner Center of HOPE President and CEO Paul Keck Jr., MD (*left*), and Tom Parker, director of external relations.