



Point of Care

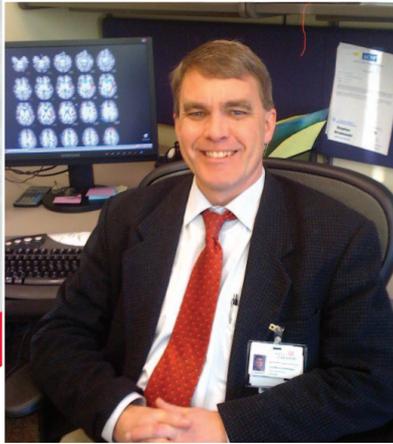
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LETTER COMBINATIONS ARE CATCHY and easy to remember.

Everybody loves M&M's, right? We could all use some R&R. And here in Cincinnati, if you're talking about P&G you certainly don't need to spell it out. When it comes to clinical care for mental health issues, the letters that pop into my head are E&E: Education and Engagement.

Education, of course, is a major part of our job in the Department of Psychiatry and Behavioral Neuroscience—one-third of the UC College of Medicine's tripartite mission, along with clinical care and research. But I'm talking about more than educating future generations of clinicians and researchers. We need to be educating the public as well about the vital issue of mental health care, because stigma is always based on ignorance.

According to "The Global Burden of Disease" (Harvard Press, 1998), mental illness accounts for five of the 10 most

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.

disabling conditions (major depression, alcohol abuse, bipolar disorder, schizophrenia and obsessive-compulsive disorder). If we can spread knowledge and help people understand these and other psychiatric disorders, we can go a long way toward erasing stigmas that cause people to dismiss depression and other mental illnesses as "all in your head," with no recognition of the biological mechanisms underlying the diseases.

Engagement is where you come in. As I've said here before, we need help from the community to do our jobs. NAMI (National Alliance on Mental Illness) Hamilton County, for example, is a community group that has been a valuable resource for us and offers meetings, support groups and other activities for people looking to get involved.

Community engagement was also evident in the recent elections, where the Hamilton County mental health levy passed with 68 percent of the vote. This money goes to the Mental Health and Recovery Services Board, which oversees 50 contract agencies—most of which work with patients with mental illness.

Unfortunately, this levy will bring in fewer dollars than before, and cuts to many services and programs will be

The battle for good mental health continues to need community engagement, whether through gifts, volunteerism, advocacy or financial contributions to our department or the mental health cause of your choice.

unavoidable. So the battle for good mental health continues to need community engagement, whether through gifts, volunteerism, advocacy or financial contributions to our department or the mental health cause of your choice.

Thank you for your continued support. Please continue to follow our progress on our website (www.psychiatry.uc.edu) and with these letters.

Best Wishes,



Stephen M. Strakowski, MD

The Dr. Stanley and Mickey Kaplan Professor and Chairman

Department of Psychiatry and Behavioral Neuroscience

Senior Associate Dean for Research, College of Medicine

Vice President of Research, UC Health

On the cover: Charles Collins, MD, is senior vice chair and director for clinical operations for the Department of Psychiatry and Behavioral Neuroscience. Through UC Health University of Cincinnati Physicians and the Lindner Center of HOPE, the department is the largest provider of psychiatric services in the Greater Cincinnati region. *Story, Page 2*

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Herman Named *Stress* Journal Editor-in-Chief

James Herman, PhD, a professor in the Department of Psychiatry and Behavioral



Herman

Neuroscience and director of the Stress Neurobiology Laboratory at UC's Reading Campus, has been named editor-in-chief of *Stress*, a peer-reviewed medical journal published six times a year by Informa Healthcare.

Herman previously served as senior editor.

In other recent developments from the Stress Neurobiology Laboratory:

- Brent Myers, PhD, a postdoctoral fellow, won a Society for Neuroscience postdoctoral travel fellowship and had his proposal for a nanosymposium at the Society for Neuroscience meeting accepted.
- Lauren Larke of the Neuroscience Graduate Program won a Society for Neuroscience graduate student travel fellowship.
- Jessica McKlveen of the Neuroscience Graduate Program won a travel award to the 2012 Neurobiology of Stress Workshop in Philadelphia and received a notice of grant award for her NIMH F31 predoctoral fellowship.

Wilder and Miller Selected for Addiction Medicine Program

Christine Wilder, MD, and Shannon Miller, MD, of the Center for Treatment, Research and Education in Addictive Disorders (CeTREAD), have been selected for the first Research in Addiction Medicine Scholars (RAMS) Program.

This two-year National Institute on Drug Abuse-funded training and mentoring program is designed to develop skills in addiction medicine research among physicians from research fellowships across the U.S.



Miller



Wilder

Miller and Wilder are among five faculty-fellow pairs selected from about 50 programs nationwide.

Miller, a professor in the Department of Psychiatry and Behavioral Neuroscience, is program director for the addiction medicine research fellowship at the Cincinnati Department of Veterans Affairs (VA) Medical Center and co-program director for the addiction psychiatry fellowship. Wilder is an addiction psychiatry fellow.

Smitson Releases Self-Help Book

Walter Smitson, PhD, a professor in the



Smitson

Department of Psychiatry and Behavioral Neuroscience and president and CEO of Central Clinic, has released a self-help book for the lay public. "You Are Your Greatest Asset," available on

Amazon.com, grew out of the most frequent questions asked by clients over many years of practice. Consisting of 66 vignettes, it is written in a way that will allow the busy person to quickly glean a gem or a message that is helpful and relevant to his or her life experience.

Kaplan Contest Winners Announced

Winners of the Annual Stanley M. Kaplan, MD, Medical Student Essay Contest were recently selected by Erik Nelson, MD, associate professor of psychiatry and behavioral neuroscience. The contest was established by Stanley Kaplan, MD, a member of the Department of Psychiatry

and Behavioral Neuroscience faculty from 1954 until his death in 2011, to encourage improved writing and research skills among medical students.

The 2012 awards:

- First Prize (\$500): "Vector-Mediated Gene Delivery to Model Striatal Interneuron Loss in Severe Tourette Syndrome" by Andrew Kobets of Yale University School of Medicine.
- Second Prize (\$250 each): "All you think about ... is being high—Phenomenology of Experiences Surrounding Heroin Detoxification" by Michelle T. Joy of Yale University and "Experiencing Global Mental Health: Unique Models of Mental Health Care Encountered in Rural and Urban Peru" by Jordan Slosower of Yale University School of Medicine.

All U.S. medical students are invited to submit an original written work to the 2013 contest. Entries may include topical essays, case reports, review articles or original research. For more information, contact Mary Ann Schmidt at maryann.schmidt@uc.edu. ■

Grants

Jessica McKlveen (James Herman, PhD, Mentor)
\$37,741
Prefrontal Glucocorticoid Signaling and Memory.

Neil Richtand, MD, PhD
\$235,500

VA Merit Grant—Primary Prevention in a Schizophrenia Animal Model.

Eugene Somoza, MD, PhD
(Theresa Winhusen, PhD, co-principal investigator)
\$27,984
Phase I Patient Study for Subcontract under AiCT SBIR.

Jeffrey Strawn, MD
\$15,000

AACAP Pilot Research Award For Attention Disorders and/or Learning Disabilities for Junior Faculty and Child and Adolescent Psychiatry Residents. ■

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. ■

Three-Fold Mission Guides Clinical Care

As the largest provider of psychiatric services in the Greater Cincinnati region, the Department of Psychiatry and Behavioral Neuroscience faces a great responsibility. But it's up to the task, departmental leaders say, thanks to the UC College of Medicine's three-fold mission of education, research and healing.

"As a research center, we're always looking to be ahead of the curve," says

Charles Collins, MD



Lindner Center of HOPE



At Stetson Building

For an appointment with a UC Health psychiatrist, call 513-558-7700. For more information on Lindner Center of HOPE programs, visit www.lindnercenterofhope.org or call 513-536-HOPE (4673).

Charles Collins, MD, senior vice chair and director of clinical operations. "We have internationally known research programs in bipolar and other mood disorders, for example, and we're able to tie our treatments into that."

"We're well positioned to combine our academic knowledge with a practical application of skills and techniques used to treat mental illness," adds Stephen Strakowski, MD, department chair and also senior associate dean for research at the UC College of Medicine.

The department provides clinical services through UC Health University of Cincinnati Physicians, the multispecialty practice group for the UC College of Medicine, and Lindner Center of HOPE, a freestanding mental health facility in Mason, Ohio, jointly owned by UC Health and the Lindner Family Foundation. In March 2011, UC Health and Lindner Center of HOPE announced an agreement to integrate their clinical, research and educational missions.

"With the integration of Lindner Center of HOPE into UC Health and UC

Psychiatry, we are the third-largest department in the College of Medicine (after Pediatrics and Internal Medicine)," says Collins. "We now have nearly 100 psychiatrists involved with this department."

UC Health psychiatrists provide general counseling services to adults, adolescents, children, couples and families who are experiencing emotional difficulties due to stress, behavioral problems, grief or a variety of other life events. They provide evaluation and diagnosis for each patient, along with treatment that can include psychological testing, counseling, psychopharmacology management and other treatment options based on each individual's situation.

"I consider us to be like a multi-disciplinary practice," says Collins. "We have physicians, psychologists and social workers available.

"What is nice about that is it leads to a great deal of collaboration. When a patient has a certain need, we have the ability to access a broad range of experts and bring that knowledge into the therapy." ■

Clinical Services Sites

Lindner Center of HOPE / comprehensive services including residential programs

Lindner Center of HOPE offers a wide range of services including acute inpatient care, residential services, office-based outpatient appointments and other programs. In addition, its Sibcy House is a 16-room, private-pay residential program that offers a diagnostic and treatment environment not found in traditional hospitals or treatment centers for a number of psychiatric disorders.

University of Cincinnati Medical Center at Deaconess / inpatient and emergency psychiatric services

In October 2011, UC Health inpatient and emergency psychiatric services moved to space on three floors at the former Deaconess Hospital near UC's West Campus. (Psychiatric consultations remain at University of Cincinnati Medical Center, along with UC Health Drake Center and UC Health West Chester Hospital.) The move brought the number of beds for psychiatry to 72, an increase of 50 percent from the UC Medical Center space. The Deaconess location also encompasses geriatric psychiatry services—an addition to existing services. "We're always looking at issues where we can move ahead and take care of a larger part of the population," says Collins.

Stetson Building / outpatient services

Outpatient services are concentrated at the Stetson Building, across Martin Luther King Drive from University of Cincinnati Medical Center. An addiction area in the Stetson Building provides clinical trial opportunities for patients and addicted individuals in the community, and the Opiate Addiction Recovery Services Program (OARS) across Highland Avenue from the Stetson Building, operating jointly with the Crossroads Center, provides medication assisted narcotic abuse treatment to addicted individuals.



“AS A RESEARCH CENTER, we’re always looking to be ahead of the curve. We have internationally known research programs in bipolar and other mood disorders, for example, and we’re able to tie our treatments into that.”

Charles Collins, MD, senior vice chair and director of clinical operations, UC Department of Psychiatry and Behavioral Neuroscience

**A PSYCHIATRIST’S PATH:
CHARLES COLLINS, MD**

When I went to medical school at the Medical College of Ohio (now the University of Toledo College of Medicine and Life Sciences), I wasn’t thinking of psychiatry. I was going to be a pediatrician, but I decided to look at other options and went into internal medicine. I was on a primary care track at Henry Ford Hospital in Detroit, and I started noticing that a large part of the population I was treating had mental health concerns due to the economic situation there and other issues. That provided a push for me to think about psychiatry, so I did some calling around and ended up in Cincinnati, which was fortunate. I was able to fold my interest in children into my training by serving my residency and fellowship at UC and Cincinnati Children’s Hospital Medical Center. I’ve worked with children and families most of my career—all here at UC and mostly at Central Clinic.

I ended up having an indirect route to psychiatry, but I’ve been in it for a long time and I absolutely love the job. ■

National Alliance on Mental Illness Honors Faculty



Two faculty members from the Department of Psychiatry and Behavioral Neuroscience were honored at NAMI (National Alliance on Mental Illness) Hamilton County’s 2012 Annual Celebration Oct. 18 in Xavier University’s Cintas Center.

Drew Barzman, MD (*above, left*), an assistant professor of clinical psychiatry, was honored as Exemplary Psychiatrist. He is a child and adolescent psychiatrist at Cincinnati Children’s Hospital Medical Center.

Jennifer Wells, MSW, LISW (*above, right*), an adjunct clinical instructor in the department, was honored as Exemplary Therapist Working With Children. She is one of the core members of the Obsessive Compulsive Disorder/Anxiety treatment team at Lindner Center of HOPE.

The theme of the celebration was “Changing Attitudes, Changing Lives,” with Carol Williams of WCPO-TV serving as master of ceremonies.

Also in October, Stephen Strakowski, MD (*right, center*), chair of the Department of Psychiatry and Behavioral Neuroscience, was presented with a trophy by NAMI Hamilton County Board President Rick Barnhart and Executive Director Heather Turner recognizing the department’s efforts along with the Lindner Center of HOPE in NAMIWalk 2012 at Sawyer Point. UC Health Psychiatry and the Lindner Center of HOPE raised a combined \$24,315 in the 5-kilometer walk. ■



NAMI HAMILTON COUNTY is a grassroots education, support and advocacy organization founded in 1979. It works with its national organization NAMI and its state affiliate NAMI Ohio. Stephen Strakowski, MD, chair of the Department of Psychiatry and Behavioral Neuroscience, and Leah Casuto, MD, a staff psychiatrist at the Lindner Center of HOPE and adjunct assistant professor in the department, are members of the NAMI Hamilton County Board of Directors. Advisory Board members include Charles Collins, MD, senior vice chair and director of clinical operations for the Department of Psychiatry and Behavioral Neuroscience.

Continuing Education Brings in Packed Audiences, Nobel Winners

Henry Nasrallah, MD, may not be a bandleader, but he knows how to pack a ballroom.

Nasrallah, professor of psychiatry and neuroscience and vice chair for education and training in the Department of Psychiatry and Behavioral Neuroscience, oversees a robust lineup of continuing education events throughout the academic year. A recent event, the 11th annual **Psychopharmacology Update**, attracted about 300 psychiatrists, nurses, pharmacists and psychologists to the Kingsgate Marriott Conference Center on the UC medical campus on an October Saturday. Nasrallah served as symposium director.

Titled "The Latest Psychopharmacology Advances: New Medications & New Formulations," the symposium featured a full day of presentations in the main ballroom, with scarcely a minute wasted—even the buffet lunch doubled as a non-credit symposium on schizophrenia treatment.

Highlights included the "Stump the Experts" panel discussion and what was billed as a "Heated Psychopharmacology Debate" on the DSM-5 (Diagnostic and Statistical Manual of mental disorders) "At Risk" Diagnosis, with Nasrallah squaring off against Rajiv Tandon, MD, a professor of psychiatry at the University of Florida College of Medicine and DSM-5 Work Group member.

Nasrallah and Tandon are close friends, so there was more humor than heat. Nasrallah tweaked Tandon by saying at the outset, "I'm surprised there weren't any boos when you said you were on the DSM-5 committee." Tandon got his dig in later, saying, "Henry, you are an incredible debater. Unlike you, I just use facts."

It's been a busy fall for Nasrallah, who also oversaw planning for the **Lurie Family Lecture** Oct. 3, featuring Nobel Laureate Eric Kandel, MD. Kandel's talk, also a continuing education program, filled the main floor of Kresge Auditorium and made it necessary for impromptu ushers to open up the rarely used balcony. ■



Nobel Laureate Eric Kandel, MD (center), was the 2012 Lurie Family Lecture speaker.



Nasrallah (left) gives a hug to symposium presenter and close friend Rajiv Tandon, MD.

Continuing education includes:

WEEKLY GRAND ROUNDS, held from noon to 1 p.m. on the second, third and fourth Wednesdays of each month (except July and August). Topics are usually clinical in orientation but with evidence-based data.

ENDOWED LECTURES, named for the donors who make them possible. In addition to the Lurie Family Lecture, the Stanley and Mickey Kaplan Lecture is usually held in February and the Henry and Amelia Nasrallah Lecture is usually held in April.

ANNUAL SYMPOSIA, with the half-day Mood Disorders Symposium held on the last Saturday in April in addition to the Psychopharmacology Update in October.

For additional information on Department of Psychiatry and Behavioral Neuroscience continuing education programs, contact Angela Olive at 513-558-5326 or Nasrallah at 513-558-4615.

FOCUS ON RESEARCH *with* **CAL ADLER, MD**

Cal Adler, MD, an associate professor in the Department of Psychiatry and Behavioral Neuroscience, uses advanced techniques to study bipolar and other psychotic disorders. He is an assistant director of the Center for Imaging Research, a College of Medicine core facility, and co-director of the Division of Bipolar Disorders Research.

What brought you to UC?

"I came to UC about 13 years ago after completing a fellowship at the National Institutes of Health (NIH). Having only participated in research as part of the intramural program of the NIH, I had no history of working in the "real world." Dr. (Stephen) Strakowski in the department of psychiatry took a chance and offered me a job combining research with clinical care—had he known I'd still be hanging around more than a decade later, he might have reconsidered the offer, but Cincinnati has become home for me."

Tell us about your current research focus.

"I co-direct the Division of Bipolar Disorders Research (DBDR) with Melissa DelBello, MD. Our focus is on clinical research around improving the understanding and treatment of bipolar disorder. The DBDR has ongoing studies that use neuroimaging and other techniques to try to learn what leads to the development of the disorder, and both the timing and nature of specific mood episodes. In addition, we participate in clinical trials of newer treatment interventions, often combining those trials with neuroimaging to better understand the range of treatment response typically observed. Bipolar disorder remains a leading cause of disability worldwide and so it is clinically important to improve our ability to treat symptoms and consequences of the disorder. In addition, though, bipolar disorder serves as a model of psychiatric illness that can lead to a better understanding of psychopathology in general. It's been observed that what's most scientifically interesting about bipolar disorder is not that patients may experience episodes of depression and mania, but that these mood states may disappear for long periods of time."

How did you become interested in neuroimaging?

"While a fellow at the NIH, I had the opportunity to become involved in research using positron emission tomography. At the University of Cincinnati there was already a thriving program using magnetic resonance-based techniques such as structural and functional MRI to study psychiatric illnesses, including bipolar disorder. Neuroimaging allows us to study the actual workings of a living brain, and to follow changes in that brain in a way that would not otherwise be possible. With the growth of the Center for Imaging Research, it's become much easier to implement neuroimaging protocols at UC."

What can you tell us about the process of neuroimaging?

"I've never participated formally in a neuroimaging study, but I have been scanned frequently as a "test subject" for new imaging protocols. I've always found lying in the scanner to be extremely relaxing, and even soporific. My biggest problem has often been to remain awake throughout the procedure. I learned that I have a fairly uninteresting looking brain."

Tell us a bit about yourself. Any hobbies or interests?

"For the record, I want to emphasize that I have no significant interests outside of my unwavering dedication to the Department of Psychiatry and Behavioral Neuroscience. As a longtime nerd though, I have a host of typically uninteresting hobbies including reading, eating and scuba diving when I'm visiting a coast. I am contemplating taking up hang-gliding off mountain peaks in an effort to improve my answer to this kind of question."

Anything about you that people might be surprised by?

"Those who have observed my level of manual coordination will be surprised to learn that I've survived motorcycling for 15 years; I'm often surprised myself." ■

"...what's most scientifically interesting about bipolar disorder is not that patients may experience episodes of depression and mania, but that these mood states may disappear for long periods of time."



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UNIVERSITY OF CINCINNATI

WELCOME New Faculty Members

Bethany DeRhodes, MD, is an assistant professor of clinical psychiatry working as



DeRhodes

an inpatient attending at Deaconess and also doing outpatient work at the Stetson Building. Her responsibilities include transplant psychiatry as well as adult psychiatry. She separated from the U.S. Air Force in June 2012 after serving for 12 years, including an assignment at Misawa Air Base in Japan. As flight commander, she managed the mental health services for a population of about 10,000 people. She received a scholarship for medical training through the Health Professions Scholarship Program and is a graduate of Albany Medical College. She served her residency in the Wright State University Residency Training Program from 2004-

2008 and was chief resident in psychiatry from 2007-2008.

Heather Dlugosz, MD, is a staff psychiatrist at the Lindner Center of HOPE,



Dlugosz

working as part of the Harold C. Schott Eating Disorders Program team. She will also work with patients on the Cincinnati Children's unit at Lindner Center and in the outpatient practice. Previously, Dlugosz was an inpatient/outpatient attending child and adolescent psychiatrist and medical director at St. Mary's Regional Medical Center in Lewiston, Maine. She began her residency training in general psychiatry at University of Cincinnati Medical Center, completing her clinical child and adolescent psychiatry fellowship at Cincinnati Children's Hospital Medical Center and

then becoming chief resident in the Child and Adolescent Fellowship Program at Cincinnati Children's. Dlugosz is an adjunct instructor in the Department of Psychiatry and Behavioral Neuroscience.

John Wirick, MD, is an assistant professor of clinical psychiatry based at Deaconess



Wirick

and also has teaching responsibilities. He graduated with a degree in finance from the University of Toledo and worked as a stockbroker and touring musician before entering the UC College of Medicine. He served his residency in the Department of Psychiatry and Behavioral Neuroscience and was chief psychiatric resident at University of Cincinnati Medical Center. He still freelances as a musician and is building a recording studio in Bellevue, Ky. ■