

Penn Psychiatry Newsletter

December, 2019



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Ruth Meltzer Professor
Chairman of Psychiatry
Perelman School of Medicine
University of Pennsylvania

Warmest wishes for a Healthy, Happy and
Productive New Year!

Dear Faculty and Staff,
2019 has been yet another great year!!
Embracing opportunities and overcoming
challenges, the department excelled again. It
is an honor to serve as your chairman.
I look forward to another fabulous year
together!



Vision

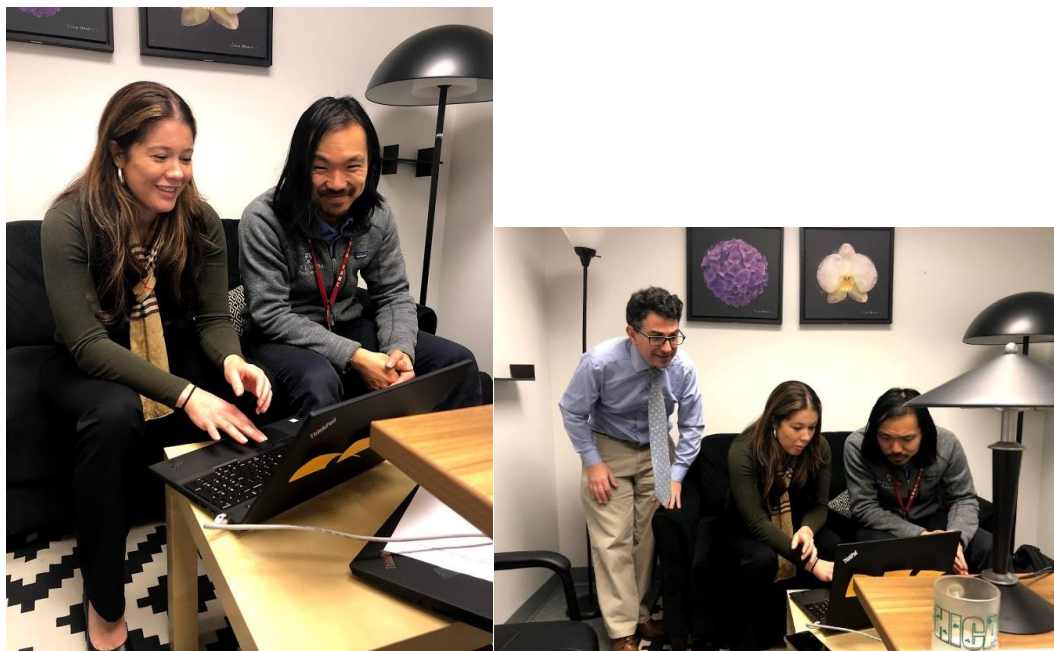
Promoting health for the brain and mind to transform lives and the world.

Mission

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational programs, world renowned clinical services, and transformational public health policies.

TelePsychiatry at FEP

The First Episode Psychosis Team has just become TelePsychiatry-enabled.



PEIC is an integrated center providing a full array of services related to training, education, clinical care, and program evaluation in early intervention. This center will ensure that evidence-based early intervention is accessible to all Pennsylvanians, and that providers receive comprehensive training and fidelity monitoring in early intervention. It creates a statewide hub for future early intervention efforts in youth, including in the areas of bipolar disorder, substance abuse, clinical high-risk, and others, as new avenues of funding become available. The Center positions PA as a valuable state resource for funders interested in early intervention services and program evaluation.

Early Intervention in Pennsylvania:

The concept of early intervention for mental health (EIMH) has evolved out of first-episode psychosis (FEP) and clinical high risk (CHR) research and treatment. It is predicated on the observation that young people presenting in psychological distress or functional deterioration, and with non-specific symptoms such as anxiety, depression, irritability, transient psychotic features, or new onset substance abuse, may go on to be diagnosed with a range of different psychiatric disorders (or none at all). In adolescence and early adulthood, diagnoses often shift, but the need for early intervention remains. The long-term strategic plan is to provide the full array of PEIC services to all early intervention initiatives in PA. The strategic plan for the first few years is to focus on FEP and CHR populations, while developing the infrastructure and capacity to pursue the longer-term strategic goals. TelePsychiatry will play a vital role in the delivery of this mission.

Congratulations Mathias Basner



Mathias Basner (fourth from the left) was elected full member of the International Academy of Astronautics (IAA) at the 70th International Astronautical Congress, held in Washington D.C. late October.

The International Academy of Astronautics (IAA) is a non-governmental organization of experts committed to expanding the frontiers of space. The IAA works towards promoting the development of astronautics for peaceful purposes, recognizing individuals who have distinguished themselves in a related branch of science or technology, and providing a program through which members may contribute to international endeavors for the advancement of aerospace science. It works closely with the International Astronautical Federation and with national and international space agencies. Activities include participation in the annual International Astronautics Congress, and numerous regional and specialized conferences.

Congratulations Cory Newman



Congratulations to **Cory Newman** who received the Outstanding Clinician award by the Association for Behavioral and Cognitive Therapies (ABCT) at the 2019 Convention in November.

Congratulations Claudia Baldassano

Claudia Baldassano has been elected to the Perelman School of Medicine Beta Chapter of the Alpha Omega Alpha (AΩA) medical honor society as a faculty inductee. Congratulations on receiving this tremendous honor, which is a tribute to Claudia's outstanding academic contributions, teaching, leadership and engagement in the medical community.

Election to AΩA is an honor signifying a lasting commitment to professionalism, leadership, research, and community service. Membership in the society confers recognition for a physician's dedication to the profession and art of healing and is a lifelong honor.

Congratulations Andrew Strasser

Andrew Strasser was selected as a Fellow of the Society for Research on Nicotine and Tobacco (SRNT), the leading international society for research on nicotine addiction and tobacco control. SRNT has over 1200 members representing 42 countries. The society began in 1994; the first class of SRNT Fellows was in 2017. Andrew will officially be inducted in the 2020 class of Fellows at the annual meeting in March 2020. From the SRNT announcement on December 16, 2019:

The status of Fellow is a distinction conferred by the Society on members in recognition of outstanding contributions to the field having to do with the generation of new and useful knowledge. Meritorious

accomplishment can include contributions to scientific research, clinical practice, public health, public policy, regulation, legislation, or advocacy. Significant accomplishments in dissemination of science, and exemplary service to the Society are also considered.



The Holiday Reception

Penn Psychiatry came together on December 5th at a reception at the Jordon Medical Education Center to celebrate the holiday season. A good time was had by all.

VA Behavioral Health Service Employee Retreat



The Corporal Michael J. Crescenz VA Medical Center held its annual Behavioral Health Service employee retreat on December 4. This year's event focused on "Health Disparities and Cultural Competency" and included year-in-review remarks from **David Oslin** and talks by invited experts. There were also

structured discussions among employees across all mental health disciplines on integrating cultural considerations into Veteran care and understanding how dimensions of our own identities impact the way we relate to the communities in which we live and practice. The Behavioral Health Service at the VA has taken an active role in supporting overall efforts to promote diversity and inclusion at the Medical Center.

Cecilia Livesey and Matthew Press in STAT News

In every American community — wealthy or poor, rural or urban, young or old — at least 1 in 5 people live with mental health disorders. And yet no American community has an adequate supply of mental health clinicians who can provide timely, affordable, high-quality care for the people who need it. A contributed article by Cecilia Livesey and Matt Press outlined how integrated care can open new doors to mental health treatment. Read the article in [STAT News](#).

Jody Foster in Psychology Today

Sharing personal information brings people together and helps them like one another more. But in an age of self-disclosure, how do you know when you've gone too far—or when someone else has ulterior motives? See what Jody Foster has to say about “The Power of Boundaries” in the November, 2019 issue of [Psychology Today](#).

Psychiatry in The News

David Dinges was mentioned in the New York Times article, [“Will Science Ever Give Us a Better Night’s Sleep?”](#)

Children’s Hospital of Philadelphia

Department of Adolescent and Child Psychiatry and Behavioral Sciences

Recent Grant Awards:

We extend a warm welcome to **Aaron Alexander-Bloch** who joined the Department of Child and Adolescent Psychiatry and Behavioral Sciences (DCAPBS) in September 2019. His recent K08 award from the National Institute of Mental Health entitled, “Combined Brain and Gene Network Approaches to the Developmental Hypothesis of Schizophrenia”, was funded in July 2019. The project will use an imaging-genomics approach to test whether networks of genes that are implicated in schizophrenia risk affect the development of cortical thickness and the functional connections within and between brain networks in typical adolescence and in clinical samples.

Congratulations to **Ran Barzilay** who received his K23 award in August 2019 from the National Institute of Mental Health. His grant entitled, “Mechanisms of Resilience to Developmental Stress in Children and Adolescents,” looks to identify biological (genomic, immune), psychological and cognitive mechanisms that underpin resilience in youth with substantial developmental stress exposure.

Congratulations to **Alexandra Psihogios**. Alexandra is a 2020 recipient of The Children's Hospital of Philadelphia Distinguished Research Trainee Award. She also received a K08 grant award from the National Cancer Institute in September 2019. Her grant entitled, "Using Real Time Mobile Health Approaches to Understand and Promote Oral Chemotherapy Adherence in Adolescents and Young Adults with Leukemia." The goal of this project is to use real-time mobile health strategies to better understand and improve treatment adherence in adolescents and young adults with cancer.

The Department of Defense's Neurofibromatosis New Investigator Award of 2020 has been awarded to **Matthew Hocking**. This project is in collaboration with colleagues from the Center of Autism Research (CAR) at CHOP and is entitled, "Mechanisms of Social Deficits in Youth with Neurofibromatosis Type 1 (NF1)." The study will compare the social information processing of youth with NF1 to typically developing youth and youth with Autism Spectrum Disorder (ASD) and establish associations between social information processing and social adjustment outcomes.

Recent Publications

Barzilay R, Calkins ME, Moore TM, Boyd RC, Jones JD, Benton TD, Oquendo MA, Gur RC, Gur RE. (2019) Neurocognitive functioning in community youth with suicidal ideation: gender and pubertal effects. *British Journal of Psychiatry*. Sep; 215(3):552-448. doi: 10.1192/bjp.2019.55.

DuPaul GJ, Evans SW, Mautone JA, Owens JS, Power TJ. (2019). Future directions for psychosocial interventions for children and adolescents with ADHD. *Journal of Clinical Child and Adolescent Psychology*. Dec 4; doi: 10.1080/15374416.2019.1689825

Li J, Ryan SK, Deboer E, Cook K, Fitzgerald S, Lachman HM, Wallace DG, Goldberg EM, Anderson SA (2019). Mitochondrial deficits in human iPSC-derived neurons from patients with 22q11.2 deletion syndrome and schizophrenia. *Translational Psychiatry*. Nov 18;9(1): article 302.

Farley AM, Gallop R, Brooks ES, Gerdes M, Bush ML, Young, JF (2019). Identification and management of adolescent depression in a large pediatric care network. *Journal of Developmental & Behavioral Pediatrics*. Oct 22; doi: 10.1097/DBP.0000000000000750

Williamson AA, Mindell JA, Hiscock H, Quach J. (2019). Child sleep behaviors and sleep problems from infancy to school age. *Sleep Medicine*. 2019 Nov;63:5-8. doi: 10.1016/j.sleep.2019.05.003

Conferences and Presentations:

Kudos to **Ariel Williamson** and her team for presenting their research at the Biennial Pediatric Sleep Medicine Conference in Naples, Florida, in November. They presented a poster on associations between parent resilience, sleep, and child behavior in a sample of impoverished children receiving beds from a charity program called Beds for Kids. Dr. Williamson also presented her work on parent and primary care clinician perspectives about behavioral sleep intervention in urban primary care.

CHOP's Child Life and Homeless Health Initiative



The Eastern PA / Southern NJ Regional Organization of Child and Adolescent Psychiatrists donated toys to CHOP's Child Life and Homeless Health Initiative. There were about 40 toys in total. From left to right: **Ellen Sholevar, Consuelo Cagande, Dianerys Rodriguez** (patient and media associate from Child Life Services at CHOP), **Aateqa Ismail, and Terri Randall.**

Adopt a Family for the Holidays



The CPUP Finance Team was one of the many teams across the department that participated in Hall Mercer's Children's Case Management Adopt a Family for the Holidays. Hall Mercer provides services to 100 needy families. These families have children with emotional and behavioral issues and are under extreme financial stress. The holidays can be a sad and stressful time for them. The CPUP Finance Team was happy to help bring holiday cheer to one of those families.

Supporting the Marginalized



For most of her work week, **Puneet Sahota** is a clinical psychiatrist who sees patients at the Hospital of the University of Pennsylvania. But in addition to her medical degree, she has a Ph.D. in anthropology, and she uses this background in her role as research director for the National Indian Child Welfare Association (NICWA).

Read more about Puneet and her work at:

<https://penntoday.upenn.edu/news/penn-faculty-staff-give-back-through-side-gigs-for-good>

Publications

Chhatre S, Schapira M, Metzger DS, Jayadevappa R. Association between HIV infection and outcomes of care among Medicare enrollees with breast cancer. *EClinicalMedicine* (2019), DOI: <https://doi.org/10.1016/j.eclinm.2019.11.001>

Lawman HG, Henry KA, Scheeres A, Hillengas A, Coffman R, **Strasser AA.** Tobacco retail licensing and density three years after license regulations in Philadelphia, Pennsylvania. *American Journal of Public Health*, in press.

Nardone N, Shahid M, **Strasser AA**, Dempsey DA, Benowitz NL. The influence of nicotine metabolic rate on working memory over 6 hours of abstinence from nicotine. *Pharmacol Biochem Behav.* 2019 Dec 5:172836.

Grants

Judith Rodin, Resilience and Individual and Social Impact, Rockefeller Foundation - \$828,238

David Mandell, Social Media-Based Parenting Program for Women with Postpartum Depressive Symptoms, Children's Hospital of Philadelphia - \$93,923

Wade Berrettini, Pharmacogenetics of Opioid Use Disorder, Pennsylvania Department of Health - \$3,952,362

Keep the news coming!!!

As it is a short month, we wanted to release the December newsletter earlier than usual. Going forward we will be issuing the newsletter on a quarterly basis. Keep sending your content updates to us as they happen and we'll be sure to include it in the next issue.

Maria

If you have news you'd like to share for consideration in the next newsletter, please contact:

[Ronald Andujar](#) or [Cindy Romanelli](#)

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