



Next Generation

Honor for graduate

Welcome to residents 5

ALSO INSIDE...

Faculty updates 1

Bipolar symposium 2

New roles 3



MANY OF YOU ARE GRADUATES of the UC College of Medicine and no doubt familiar with Kresge Auditorium, the site of numerous speeches and presentations during the course of a typical academic year. Still, it's possible to work, study or teach at the College of Medicine for years without being aware that Kresge Auditorium has a balcony, as the main floor is almost always sufficient to accommodate the college's audiences.

That wasn't the case last fall, as the auditorium was packed for a presentation by Nobel Laureate Eric Kandel, MD, of Columbia University. Kandel gave the Lurie Family Endowed Psychiatry and Behavioral Neuroscience Lecture, which is part of the Department of Psychiatry and Behavioral Neuroscience's continuing education program. The program, overseen by Henry Nasrallah, MD, professor of psychiatry and neuroscience

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.

and vice chair for education and training in the Department of Psychiatry and Behavioral Neuroscience, is second to none on UC's medical campus.

In this issue you'll read about the annual Nasrallah Schizophrenia Lecture, which brought Carol Tamminga, MD, to UC in May, and the third annual Mood Disorders Symposium, also held in May, at UC Health Daniel Drake Center for Post-Acute Care. Those are just two events in a year-round schedule that includes grand rounds, lectures and symposiums.

It's great that we are able to sponsor such high-profile events, as it's more important than ever to highlight psychiatry's role in the ongoing national health debate. As the *Columbus Dispatch* reported in June, Ohio has a critical shortage of psychiatrists—particularly those treating children and adolescents. At the same time, our federal and state governments lack consensus on crucial health issues, and as a result patients are suffering. So are those in need of care, but with no affordable access to it.

We are proud of our role in educating current and future psychiatrists, and that's one of the reasons we take the opportunity each year to highlight our incoming

and graduating residents (see Page 5). But they will practice in a vastly different medical climate, with decreased clinical reimbursements, challenges in research funding and diminished governmental support. Consequently, your ongoing support is needed and appreciated by our department and the College of Medicine.

This newsletter is intended to keep you connected with the Department of Psychiatry and Behavioral Neuroscience. We hope that you will 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 Vice President of Strategic Planning
and Business Development, UC Health

On the cover: Martine Lamy, MD, PhD, received congratulations from Thomas Boat, MD, dean of the College of Medicine, on Honors Day May 18. Lamy was the recipient of the first Warren Liang Award for Psychiatric Excellence and is now a Triple Board resident based at Cincinnati Children's Hospital Medical Center. *Story, Page 5.*

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Miller Recognized for Research Contributions

Shannon Miller, MD, professor of psychiatry and behavioral neuroscience, was



Miller

selected for the Ohio Psychiatric Physicians Foundation Research of the Year Award.

Miller's original research on addiction disorders in active duty Airmen with mild traumatic brain injury

was recently featured on the cover of *The American Journal of Psychiatry* (April 2013). The journal ranks as the top journal worldwide in clinical psychiatry.

Miller is program director for the addiction medicine research fellowship at the Cincinnati Department of Veterans Affairs Medical Center and co-program director for the addiction psychiatry fellowship.

Two Faculty Mark Milestones

Two Department of Psychiatry and Behavioral Neuroscience faculty members are marking significant milestones.

Peter Kotcher, MD, has 35 years of service at UC. He is an adjunct associate professor based at the Cincinnati Department of Veterans Affairs (VA) Medical Center.

Thomas Geraciotti, MD, has 25 years of service. He is a professor and is also based at the VA Medical Center.



Kotcher



Geraciotti

Johnston Receives NAMI Award

Peirce Johnston, MD, an assistant professor of psychiatry and behavioral neurosci-



Johnston

ence, was honored as a NAMI Exemplary Psychiatrist at the NAMI Warren County 2013 annual awards dinner Thursday, May 2.

NAMI (National Alliance on Mental Illness) is a grassroots mental health organization that advocates for access to services and treatment for mental illness.

The NAMI Exemplary Psychiatrist Award recognizes psychiatrists who have gone the extra mile with NAMI members and have made substantial contributions to local or state organization activities. Johnston was nominated by NAMI Warren County, where he made two monthly meeting presentations in the past year and also presented the Ask the Doctor portion of the Family to Family class twice.

Winstanley Named to NIH Program

Erin Winstanley, PhD, research assistant professor of psychiatry and director of



Winstanley

dissemination and services research for the Ohio Valley Node of the National Institute on Drug Abuse's Clinical Trials Network, has been accepted for participation in the Early Career Reviewer (ECR) program

at the Center for Scientific Review, National Institutes of Health (NIH).

The Center for Scientific Review is the portal for NIH grant applications and their review for scientific merit. It receives all research grant applications sent to NIH and handles the review of more than 70 percent of those by organizing peer review groups (study sections) to evaluate research grant applications. For each review round, scientific review officers may select one ECR to participate in each study section they conduct.

DelBello's Work Cited at International Meeting

A book chapter by Melissa DelBello, MD, about neuroimaging studies of people



DelBello

with mental illness was highlighted in June at the annual meeting of the Venezuelan College of Neuropsychopharmacology in Barquisimeto, Venezuela.

DelBello is a professor of psychiatry and behavioral neuroscience and co-director of the Mood Disorders Center at the UC Neuroscience Institute.

Olafson Recognized by APSAC

Erna Olafson, PhD, PsyD, an associate professor of clinical psychiatry and pedi-



Olafson

atrics, was awarded the Outstanding Professional Award by the American Professional Society on the Abuse of Children (APSAC) during its Annual Colloquium June 25-28, 2013, in Las Vegas. The award recog-

nizes a member who has made outstanding contributions to the field of child maltreatment and the advancement of APSAC's goals.

Olafson, based at Cincinnati Children's Hospital Medical Center, is co-director of the Level II Center for Trauma Recovery and Juvenile Justice of the National Child Traumatic Stress Network and has co-chaired the network's Justice Consortium since 2003. ■

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. ■

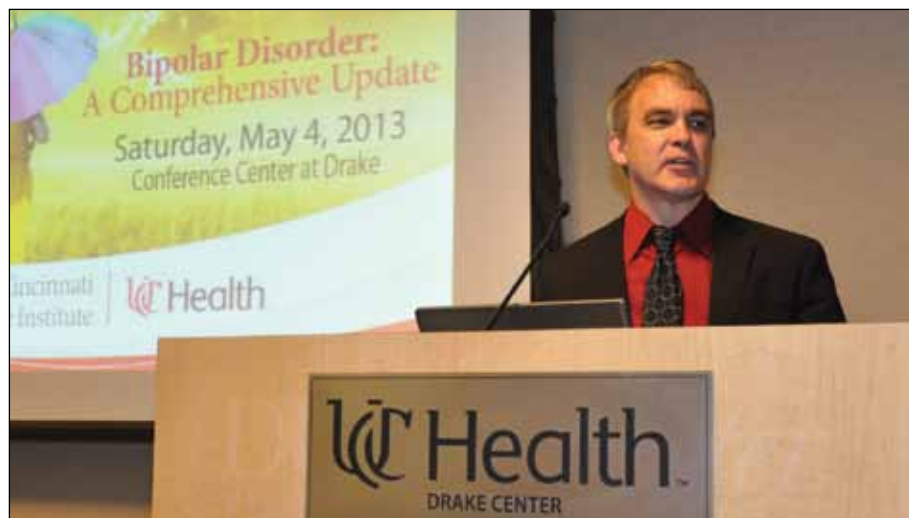
Bipolar's Cruel Duality: Creativity and High Risk

What did Abraham Lincoln, Winston Churchill, Leo Tolstoy, Virginia Woolf and Jimi Hendrix have in common? And what condition do Judy Collins, James Taylor, Kitty Dukakis, and Catherine Zeta-Jones also share? The answer is bipolar disorder, a mood disorder characterized by periods of high energy, euphoria or irritability, and sleeplessness followed by periods of depression.

The condition was the topic of the third annual Mood Disorders Symposium, a continuing education event that was held May 4 at UC Health Daniel Drake Center for Post-Acute Care. The event was sponsored by the Department of Psychiatry and Behavioral Neuroscience; the Mood Disorders Center at the UC Neuroscience Institute, one of four institutes of the UC College of Medicine and UC Health; and the Center for Clinical and Translational Science and Training.

Henry Nasrallah, MD, professor of psychiatry and neuroscience and vice chair for education and training, said the topic was a fitting one for May, which is national Mental Health Awareness Month. April and May represent the peak suicide months of the year, and 15 to 18 percent of people with bipolar disorder will die of suicide if they go untreated.

"Bipolar disorder can make a person more creative and productive, and there are many examples of high-achieving



Stephen Strakowski, MD, at the podium during the Mood Disorders Symposium in May.

people with bipolar," Nasrallah said. "Handel wrote the 'Messiah' in two weeks during a manic episode. But the condition is also disabling. Bipolar disorder has one of the highest associations with suicide in medicine."

Stephen Strakowski, MD, the Dr. Stanley and Mickey Kaplan Professor and Chair of the Department of Psychiatry and Behavioral Neuroscience, said bipolar disorder is a brain disease. "It is not caused by bad parenting or the environment; it is caused by genetics," he said.

Fortunately, many treatments for bipolar disorder exist, including long-standing medications, newer mood

stabilizers and antipsychotics, various types of interpersonal and family-focused therapy, transcranial magnetic stimulation and electroconvulsive therapy.

Bipolar disorder exists on a spectrum, Nasrallah said, and a recent survey of 100,000 people suggests that it affects 3.7 percent of the population. People with bipolar I suffer severe depression and mania (disabling extreme moods) and may be hospitalized for both. People with bipolar II have less dramatic periods of "hypo-mania" and are hospitalized only for major depression.

"Bipolar patients are the ones who are reading four or five books at the same time," Nasrallah said. "They typically are not diagnosed until the mania interferes with their job or they are hospitalized."

Treatment is vital because a brain bathed in cortisol—a stress hormone—can undergo serious changes. Although bipolar disorder cannot be diagnosed with brain imaging, brain imaging studies have revealed specific characteristics in the bipolar brain. Several imaging studies, but not all, have shown that the amygdala appears to develop abnormally in untreated patients with bipolar disorder.

"The amygdala, which processes our fight-or-flight reactions to fear, is smaller than normal in children and enlarged in adults with bipolar disorder," Strakowski said. "The developmental process in the amygdala has gone awry."

Mother, daughter shared family's struggle

Cindy Starr, the author of this article, is a media relations specialist at Mayfield Clinic in Cincinnati. Her daughter, Catherine Starr, has lived with bipolar disorder II for 10 years and spoke at the Mood Disorders

Symposium. Cindy Starr wrote about her family's experience in "Surviving Bipolar Disorder: A Mother's Story," posted on the Mood Disorders Center's website.

Ultimately, Cathy Starr benefited from lithium—the 13th medication doctors tried with her—plus better sleep pattern management, extensive therapy and family support. Now a social worker working with adolescents who struggle with mental illness, she shared her story in hopes that others could create their own, empowering narrative. ■



Brain imaging of people with bipolar disorder reveals heightened activity in the amygdala and prefrontal cortex, where executive function resides.

"Our hypothesis is that the prefrontal cortex is over-working to control an over-activated amygdala," Strakowski said. "The brain is compensating at baseline, struggling to maintain a dysfunctional emotional regulatory system. During mania, the amygdala loses prefrontal control, which leads to wild emotional swings." ■

By Cindy Starr

NOTES FROM THE SYMPOSIUM: MORE ON BIPOLAR DISORDER

- Only 20 percent of people with bipolar disorder have been diagnosed, and the average person with the condition will suffer for eight years before receiving a correct diagnosis.
- The average age at onset is 18 to 24 years, although children have also been diagnosed with the condition.
- Bipolar disorder is equally common in men and women, while unipolar depression is much more common in women.
- Glutamate, an excitatory neurotransmitter, is elevated in people with bipolar disorder, as is lactate in the brain.
- After April and May, October brings the second-highest wave of suicides. Researchers theorize that the light-dark change triggers mania, which leads to suicide. ■

Two Take On New Leadership Roles

Two faculty members in the Department of Psychiatry and Behavioral Neuroscience have accepted new positions.

Theresa Winhusen, PhD, has accepted the position of director of the Division of Addictions (CinARTEC—Cincinnati Addiction Research, Treatment and Education Center).



Winhusen

CinARTEC is a collaborative effort among UC, UC Health and the Cincinnati Department of Veterans Affairs Medical Center. Its mission is to discover and refine medical and scientific knowledge and translate it via education, training and dissemination into high-quality, evidence-based treatments for people with addiction-related conditions.

Winhusen has been a faculty member in the Department of Psychiatry and Behavioral Neuroscience since 2001 and has served since 2011 as director of the Cincinnati Addiction Research Center (CinARC), which CinARTEC will include. In 2010, she was presented with the Besteman Award for extraordinary contributions to the NIDA's Clinical Trials Network.

Cal Adler, MD, has accepted the position of director of the UC Center for Imaging Research (CIR). Adler previously served as assistant director. A professor in the Department of Psychiatry and Behavioral Neuroscience, he will continue to serve as co-director of the Division of Bipolar Disorders Research.



Adler

Based in the Medical Sciences Building, the CIR is a College of Medicine core facility dedicated to the *in vivo* study of human anatomy and physiology, with a primary mission of providing imaging research capabilities to scientists at UC.

Adler joined the College of Medicine faculty in 1999. He has a long-standing interest in the use of magnetic resonance-based techniques to study both healthy cognitive processes and the neuropathophysiology of bipolar and psychotic disorders. ■

Strakowski Named VP at UC Health

Stephen Strakowski, MD, the Dr. Stanley and Mickey Kaplan Professor and Chairman of Psychiatry and Behavioral Neuroscience, has assumed new responsibilities at UC Health as senior vice president of strategic planning and business development.



Strakowski

Strakowski will continue as departmental chairman, a position he has held since 2007, but has stepped down as senior associate dean for research at the UC College of Medicine and vice president of research at UC Health, duties he undertook in 2011. His new role at UC Health began Aug. 1.

Thomas Boat, MD, dean of the College of Medicine and vice president for health affairs at UC, praised Strakowski as the architect of the Discovery Acceleration Initiative, a \$1 million effort to strengthen the college's position with major funders of biomedical research.

Additionally, Strakowski led the development of a College of Medicine research strategic plan, developed the UC Health Clinical Trials Office, established the Foundational Research Grand Rounds and Award to recognize the best young faculty and developed a Research Training Advisory Group in collaboration with the Center for Clinical and Translational Science and Training to provide assistance with enhancing the infrastructure for research training programs. ■

Arnold Featured at Free Fibromyalgia Presentation

Lesley Arnold, MD, professor of psychiatry and behavioral neuroscience, will be featured at a free presentation on fibromyalgia, a common chronic pain disorder, from 10 to 11:30 a.m. Saturday, Sept. 14. The presentation will take place at the Stetson Building, 260 Stetson St. Complimentary parking will be available in the garage below the building. **RSVP to** kathy.nullmeier@uc.edu or 513-558-6769. ■



Arnold

Walkers Raise Money to Promote Mental Fitness

Once again this year, faculty and staff from the Department of Psychiatry and Behavioral Neuroscience and its affiliates stepped up for the NAMIWalks fundraising event held Saturday, May 11, at Sawyer Point to benefit mental health efforts in Hamilton County.

The UC Health Psychiatry team was among the largest contingents and joined participants that included teams from Lindner Center of HOPE, Central Clinic and Cincinnati Children's Hospital

Medical Center.

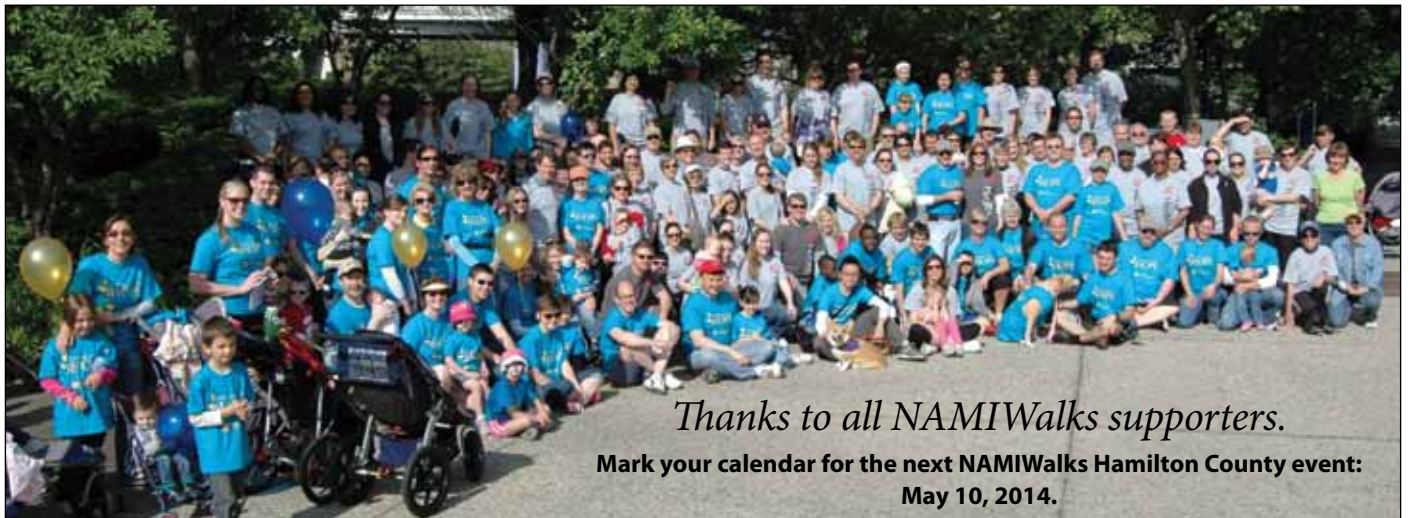
UC Health Psychiatry, captained by David Kerbl, a clinical research coordinator in the Department of Psychiatry and Behavioral Neuroscience, raised \$14,749, the second-highest total of all participating teams. Other totals included Cincinnati Children's (\$12,765), Lindner Center (\$10,230) and Central Clinic (\$930).

Stephen Benoit, PhD, was again UC Health Psychiatry's top individual fundraiser with \$2,490, followed by Stephen

Strakowski, MD, with \$2,260. Total money raised in the event was \$161,784, well over the 2012 total of \$144,300.

Sponsors of the event—a 5-kilometer walk that extended from Sawyer Point into Newport via the Purple People Bridge and back—included UC Health and Central Clinic.

Established in 1979, NAMI (National Alliance on Mental Illness) is dedicated to improving the lives of individuals and families affected by mental illness. ■



Thanks to all NAMIWalks supporters.

Mark your calendar for the next NAMIWalks Hamilton County event:
May 10, 2014.

Nasrallah Receives APA Honor



Henry Nasrallah, MD, professor of psychiatry and neuroscience, received a Special Presidential Commendation at the American Psychiatric Association (APA) annual meeting May 18-23 in San Francisco. Nasrallah was honored for his support of the organization at the Convocation of Distinguished Fellows. Nasrallah (*left*) is pictured with Dilip Jeste, MD, APA president.

In addition, Nasrallah presented at the 10th annual Flor-Henry Lectures May 7 in Edmonton, Alberta. The day of lectures honors the work of outstanding professors who have pioneered the understanding and treatment of psychiatric illness. ■

Tamminga Delivers Schizophrenia Lecture

Carol Tamminga, MD, delivered the Nasrallah Schizophrenia Lecture May 15 in the Stetson Building, discussing "The Role of the Hippocampus in Schizophrenia."

Tamminga, the Lou and Ellen McGinley Distinguished Chair and the McKenzie Chair of Psychiatry at the University of Texas Southwestern Medical School, joined faculty and residents for an informal lunch afterward.

The Nasrallah Schizophrenia Lecture, given annually in the spring, is made possible by the Henry A. Nasrallah, MD, Endowed Lectureship Fund. ■



Martine Lamy Is 1st Warren Liang Award Recipient

In her 26 years as a student, Martine Lamy, MD, PhD, won plenty of awards. She received one more honor May 18 at the College of Medicine Honors Day: the first Warren Liang Award for Psychiatry Excellence.

The award honoring Liang, a professor emeritus in the Department of Psychiatry and Behavioral Neuroscience and director of psychiatry residency training from 1994-2008, will go annually to an outstanding senior medical student.

Lamy participated in the College of Medicine's Physician-Scientist Training Program (MD/PhD). She has since begun a Triple Board residency in pediatrics, psychiatry and child and adolescent psychiatry at Cincinnati Children's Hospital Medical Center.

"I was always interested in the brain since a summer program in high school on neuroscience research," says Lamy, who grew up in Cincinnati and graduated from Massachusetts Institute of Technology, where she majored in brain and cognitive sciences. ■



Congratulations to Our Newest Resident and Fellowship Graduates

Abra Bates, MD
Vanessa Doyle, MD
Jamie Evans, MD, MPH
JaHannah Jamelarin, MD
Mercedes Kwiatkowski, MD
Jennifer Moore, MD
Kristina Purganan, DO
Deana McReynolds, DO
Stephen Rush, MD
Lindsay Tobler, MD
John Vraciu, DO
Elizabeth Wassenaar, MD ■

WELCOME to our Incoming Residents and Fellows

General Psychiatry Residents



Suzanne Bloore, MD
St. George's
University, Grenada



Margot Brandi, MD
Universidad Central
de Venezuela



Brittany Cerankosky, DO
Nova Southeastern
University



Joel Ellison, MD
UC College of
Medicine



Fabiano Nery, MD
Universidade Federal
de Minas Gerais, Brazil



Ryan Schmitz, MD
University of Toledo
College of Medicine

Psychiatry / Child Psychiatry / Pediatrics



Nina Butler, MD
Michigan State Uni-
versity College of
Human Medicine



Martine Lamy, MD, PhD
UC College of
Medicine



Joseph Sin, MD
University of Utah
School of Medicine

Family Medicine / Psychiatry



Elizabeth Beckman, MD
University of Minnesota
Medical School



Shanna Duffy, MD
Wright State University
Boonshoft School of
Medicine

Addiction Psychiatry Fellow



Osama Ali, MD
Al Fateh University,
Tripoli, Libya
(U.S. residency:
University of Kentucky)

Addiction Medicine Research Fellow



Darceilia Plott, MD
Ohio State University
College of Medicine
(U.S. Residency:
University of Florida)

Geriatric Psychiatry Fellow



Kristina Purganan, DO
Western University of
Health Sciences College of
Osteopathic Medicine of
the Pacific and graduate
of UC general psychiatry
residency program

Department of Psychiatry & Behavioral Neuroscience
260 Stetson Street, Suite 3200
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PO Box 670559
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UNIVERSITY OF CINCINNATI

Central Clinic Celebrates 90 Years, Honors Three for Their Work

Central Clinic, which provides a wide spectrum of mental health, addiction and forensic services to children, families and adults in southwestern Ohio, marked its 90th year with a luncheon this spring at the Hilton Netherland Hotel in downtown Cincinnati.

In addition to celebrating nine decades of continued service, the event honored the accomplishments of three Cincinnatians: Thomas Boat, MD, Barbara Boat, PhD, and the Rev. Damon Lynch Jr. Each received the Ambassador of Mental Health Award in recognition of their

dedication to the welfare of children and families.

Thomas Boat is Christian R. Holmes Professor and Dean of the UC College of Medicine and UC vice president for health affairs. Barbara Boat is an associate professor in the Department of Psychiatry and Behavioral Neuroscience and executive director of the Childhood Trust at Cincinnati Children's Hospital Medical Center. Lynch is a civil rights leader and pastor of New Jerusalem Baptist Church.

Said Walter Smitson, PhD, president and CEO of Central Clinic and a professor in the Department of Psychiatry and Behavioral Neuroscience: "We can be proud of how we have expanded our services over the years, following our vision: to be a leader in providing and

advocating for accessibility, best practices and outcome-driven behavioral health services for the people we serve and their families."

With its central administration located in Logan Hall on the UC medical campus, Central Clinic is the outpatient training arm for the Department of Psychiatry and Behavioral Neuroscience. ■



Boat



Boat



Smitson

"We can be proud of how we have expanded our services over the years, following our vision: to be a leader in providing and advocating for accessibility, best practices and outcome-driven behavioral health services for the people we serve and their families."

Walter Smitson,
President and CEO, Central Clinic