



Department of Psychiatry Chair Letter

News & Views about the VCU Department of Psychiatry

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Our Vision: To Conquer Mental Illness.

Our Mission: To improve the mental health of our citizens through education, research, advocacy and innovative clinical care.

From the Chairman

Special points of interest:

- *Chair's Letter*
- *President's Visit*
- *Endowment*
- *Arrivals & Departures*
- *Balaban Legacy*
- *Chandigarh Visit 2010*
- *Congratulations*
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- *Graduation 2010*

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Dear Colleagues:

Happy Summer. I am pleased to take this opportunity to share with you a few of the things which are going on.

It is still quite hard for anyone to understand how national health reform will impact our field. I believe the new parity legislation, which is being legally challenged by managed care, has great potential to improve access for our patients and may even move us toward parity in reimbursement. Fair reimbursement would, in turn, facilitate improvement in workforce issues and access for consumers.

We have created a new departmental strategic plan with an emphasis on developing tools for behavioral health screening of all patients in the health system to improve wellness behaviors and compliance. We hope to strengthen our presence on non-psychiatric services in the health system and to expand our training of medical students through the new longitudinal psychosocial curriculum of the medical school. We wish to increase the numbers of psychiatrists and psychologists statewide to reduce healthcare disparities and improve access.

We also wish to create a system

to educate patients, providers and citizens across the Commonwealth about new findings in the diagnosis and treatment of psychiatric disorders. We will continue to strengthen our research programs.

Our effort to create community partnerships is progressing well under the leadership of Rupa Murthy. We have recently held an event to showcase our Virginia Institute of Psychiatric and Behavioral Genetics and another to showcase Child Psychiatry.

Graduation was held this year at the Weinstein Jewish Community Center. (Photos on back page.) I was pleased to greet more than 200 attendees.

I wish Mr. Jim Stewart well in his new role as Commissioner of the Department of Behavioral Health and Developmental Services.

Congratulations to Dr. Ananda Pandurangi on receiving almost a million dollars in new funding associated with his work in deep brain stimulation and to Dr. Susan Kornstein who was recognized as the 2010 Welcome Back Psychiatry Awardee in May during the APA Annual Meeting for providing advocacy, teaching and research in depression. Dr. Roy Menninger was last year's awardee.

Our new trainees have arrived and are: Atit Bhattachan, MBBS from Nepal Medical College, David Freeman, M.D., from the James H. Quillen College of Medicine of East Tennessee State University, Madhavi Kandel, MBBS, also of Nepal Medical College, Gunit Kaur, M.D., of St. Matthews University, Sharad

Koirala, MBBS, of B.P. Koirala Institute of Health Sciences, Muhammad Muzaffar, MBBS, of Nishtar Medical College, Anne Richardson, M.D., of the Brody School of Medicine at East Carolina University, Ifeyinwa Utah, M.D., of Abia State University and Yifan Zhang, M.D., of Zhejiang Medical College. We also have one incoming PGY-2, Kimberly Papa, M.D., of SUNY Buffalo School of Medicine.

Our Vice Chair, Dr. Robert Cohen will be retiring June, 2011, as will John Blatecky, our Director of Administration. Recruitment efforts will begin soon.

I am pleased to announce Dr. Don Price, internationally recognized researcher of chronic pain disorders, will be joining our clinical faculty. I am also pleased to announce Alice Jesudian, M.D. has been awarded Distinguished Fellowship by the American Psychiatric Association. Also approved by the APA for fellowship are: Drs. Mohammad Rizan, Thomas Cardwell, Angela Catolico, William Gaertner, Lillian Tidler and Alexandru Trutia.

Congratulations to Thomas Wise, M.D. of INOVA who was named Chair of the Council on Adult Psychiatry by the APA.

In closing I want to congratulate three of our residents on recently giving oral presentations at the 7th Annual Resident Research Day. Sean Pustilnik, M.D., Connie Chan, M.D. and Yongyeu Chen, M.D. all displayed posters and gave their papers on Catatonia, Developmental Delay and Dopamine Transporters.

Have a great summer.

A Visit from the President



Dr. Rao came to visit the department early in his tenure as President

Arrivals and Departures

Welcome new faculty: **Sala Webb, M.D., Salim Zulfiqar, M.D., John Vernon, M.D., Shawn Latendresse, Ph.D., Jingchun Chen, Ph.D. and Amanda Amstadter, Ph.D.** Joining our faculty are **Christine Baker, M.D., Sue Tolson, M.S., Akm Sulaman, M.D., Armistead Henderer, M.D., Rochelle Klinger, M.D., and Donald Oswald, Ph.D.,** will be moving from full-time to Clinical Faculty.

Welcome Psychosomatic Fellows **Drs. Ama Rowe and Amanda Winters;** Child Psychiatry Fellows **Drs. Jessica Malloy, Rosa Morales-Theodore and Sharmini Santher;** Psychology Post-Docs **Talisha Lee, Ph.D. and Allison Ventura, Ph.D.;** Psychology Interns **Anna Yaros, Nicole Cammack, Ann Lhospital, Marshaun Glover** and Psychology Practicum students **Kelly Pugh and Dencia Titchner.**

Welcome Clinical Health Psychology Post Doc Fellow **Karen Stewart, Ph.D.** in September and three Clinical Health Psychology practicum students, **Benita Belvet, M.S., Leila Islam, M.S. and Jennifer Lamanna, M.A.,** all from the VCU Clinical Psychology Program.

Departing faculty: **Brion Maher, Ph.D., Tanja Kees, M.D. Gursharan Kalsi, Ph.D. and Athanasius Mihos, M.D.**

Special notes of condolence to Lucas Wright on the occasion of the death of his sister, Anna Wright and Rebecca Griffin-Mattauch on the death of her father, William Beverage.

Endowment & Development



Drs. Pandurangi & Kendler

On Thursday, April 29, 2010, a reception recognizing "25 Years of Research Success" was held at the Virginia Institute of Behavioral and Psychiatric Genetics in honor of Dr. Ken Kendler and the scientists of VIBPG. Dr. Michael Neale, Dr. Danielle Dick, and Dr. Brien Riley conducted guided tours of the laboratories for our guests. Dr. Robert Friedel, Dr. Joel Silverman and Dr. Kendler gave presentations. Our Director of Development, Rupa Murthy, arranged the festive occasion which was catered. Serving as hostesses were Dr. Kendler's staff members Barbara Herrmann and Stacy Garnett and Elizabeth Cunningham of Dr. Silverman's office.

Two weeks later The Hon. Eva Tieg Hardy, former Secretary of Virginia Health and Human Services, hosted a luncheon at the Omni Hotel to benefit the Virginia Treatment Center for Children. Drs. Robert Cohen and Bela Sood along with parents of VTCC patients made presentations to the group. Citizens described how VCU Child Psychiatry had positive impact on their families. The hope is to raise funds to augment teaching, research and care at VTCC.



The Hon. Eva Tieg Hardy and guests

Special Recognition

Dr. Joan M. Pellegrini, Chair, Awards and Recognition Committee, Council for Community Engagement announced our project "**Faison School for Autism-VCU Partnership**" was selected for a VCU 2009-2010 Community Research exemplary award.

CONGRATULATIONS! Honors, Awards, etc.

• Congratulations to **Cheryl Jones, M.D., V.A.M.C.** who was elected President of the Psychiatric Society of Virginia.

• Poster Presentation: Deyo ZM, Stuppy SM, **Breden EL, Moran JB.** Nootropic-Induced Psychosis: A Case Report. College of Psychiatric and Neurologic Pharmacists Annual Meeting San Antonio, TX. April 2010.

• The Federation of State Medical Boards selected faculty member **William Harp, M.D.** for its John H. Clark, MD Leadership Award, presented at their Annual Meeting in Chicago.

• **Dr. Treven C. Pickett** along with Steven Danish, and Harold Kudler created a "foundational course to prepare psychologists to work with service members and their families across the deployment cycle". Presented at the Association of Psychology Postdoctoral and Internship Centers (APPIC).

• **Victor Vieweg, M.D.** passed the recertification examination in Geriatric Psychiatry.

• **Robert O. Friedel, M.D.,** recently spoke at a Borderline Personality Disorder conference in Berlin, Germany.

• **Donald Oswald, Ph.D.,** was honored by Northstar Academy with a 2010 Compass Award "for making a positive change for the benefit of the special needs community".

• NIH awarded **John Hettema, M.D., Ph.D.,** an R01 grant totaling \$2.2 million.

• **Lynn Satterwhite, NP, CNS,** along with Jeffrey Harrison and Walter Ruday had an article accepted for publication in the Journal of Health Care Finance entitled "The Financial Impact of Post Traumatic Stress Disorder on Returning U.S. Military Personnel". And last but not least.....

♥ Welcome to the following family additions since the last newsletter: Iris and Nathan Kornstein, Solomon Sebastian Theodore, Zoe Leigh Cerrato, Kathryn Paige Fischer, Jael Akua Therese Rowe, Noelle & Nadia Langat and Adelaide Rose Crawford.

Chandigarh 2010



Drs. Silverman and Pandurangi went to the Post Graduate Institute of Medical Education and Research (PGIMER) again in January 2010, to lecture and further the joint venture with VCU Psychiatry, which is one of the first of its kind at PGIMER. The school is considered one of the most prestigious medical institutions of India. PGIMER is both an educational institute and a working hospital that provides inexpensive medical care to many patients.

Bill Balaban's Legacy—Funding C.H.A.I.

by Sandra Barker, Ph.D.



Bill Balaban and his beloved Blitz

The Center for Human Animal Interaction was established in 2001 in the Department of Psychiatry, School of Medicine, Virginia Commonwealth University. It remains the only Center of its kind in a School of Medicine in the country. In 2009, Dr. Sandra Barker was appointed as the first Bill Balaban Endowed Chair in Human-Animal Interaction. The purpose of the Center is to provide a formal structure for and promote interdisciplinary and inter-institutional research, clinical practice, and educational activities related to the human-animal relationship.

A number of multidisciplinary research teams have been exploring several areas of research related to the health benefits of human-animal interaction. VCU faculty involved in the research are from the Departments of Psychiatry, Internal Medicine, Business, Psychology, Pediatrics, Neurology, and the School of Nursing and there are several faculty involved from other institutions such as the National Institutes of Health Clinical Research Center, Cornell University, and the US Army Surgeon General's Office. Recently completed research studies include: The Effects of Animal-Assisted Therapy on Stress in Patients



C.H.A.I. dog with patient and Dr. Pandurangi in ECT Suite

Undergoing Dialysis; Investigation of Employee's Dog Presence on Stress and Organizational Perceptions; Autonomic, Endocrine and Neurophysiologic Correlates of Human-Animal Interaction; Exploratory Study of Stress-Buffering Response Patterns from Interacting with a Therapy Dog; Investigation of Acute Central Nervous System Effects of Interacting with a Therapy Dog After a Stress Task.

The Center's clinical goal is to enhance health and well being through animal-assisted therapy and pet visitation. Our animal-assisted therapy/pet visitation program, Dogs On Call, represents a collaboration with community volunteers and their trained therapy dogs. In the last calendar year, 38 Dogs on Call (DOC) teams have visited the VCU Medical Center, conducting 512 patient and staff visits in all areas of the hospital excluding the operating room. Most recently, regular visits have been established for patients in the Evans-Hayes Burn Unit. In 2007, the VCU Medical Student Chapter of DOC was formed. The Center has also provided support for the development of a therapy dog training class and evaluations to provide nationally recognized (Delta Society) certification for the DOC teams. Other clinical activities include the Center's first Facility Dog at the Virginia Treatment Center for Children and the Pet Loss Support Group, held twice a month and funded in part by 13 veterinary and animal health related organizations across the Commonwealth.

Educational activities of the Center continue to grow and diversify. The Center receives frequent requests from both academic and community organizations to present information regarding the health benefits of the human-animal bond and research findings conducted by Center faculty. A number of students (high school, undergraduate, graduate and medical students) have received training at the Center. During the past year, two 4th year medical students selected the Center as their elective rotation and a Mass Communications student and Occupational Therapy

student conducted their senior projects with the Center. This summer, an MPH student from Columbia University will complete her research practicum in Sociomedical Sciences with the Center and a local high school student will be assisting with various Center activities as a summer internship.

The Center for Human-Animal Interaction relies on donations and volunteers to support its operations. The Center website at www.chai.vcu.edu provides additional information about our research, clinical, and educational activities and ways to support our efforts.



Drs. Barker (1st row, second from right) and Knisely (2nd row, far right) with U.S. Army Surgeon General and Walter Reed Army Hospital Staff. Center staffers are assisting the Surgeon General's Office in evaluating Army service and therapy dog programs.

Grateful

Drs. Levenson, Meguid and Kogut shared a letter they recently received from a grateful student. It is excerpted here:

"I wanted to say a couple of things to you before I'm officially out of here. First of all, the C/L rotation was one of the two best months of medical school for me. I was floored by the amount of really excellent teaching you did on Rounds. I was also impressed by how engaged and patient you are with your students. I've had good experiences with the attendings here in each discipline, but this was something a little extra. I feel lucky to have had the chance to work with the three of you. So thank you for everything."

(Name withheld for privacy)

Borderline Personality Conference



On March 13, 2010, more than 175 medical and research professionals gathered at the Kontos Medical Sciences Building on the MCV Campus of Virginia Commonwealth University to hear leaders in the field of Borderline Personality Disorders speak about research findings and implications of "Genetics to Treatment". The conference was jointly sponsored by the VCU Department of Psychiatry and the National Education Alliance for Borderline Personality Disorder. Drs. Ken Kendler and Robert O. Friedel were two of the keynote speakers. They were joined by Dr. John Gunderson of Harvard Medical School.



Summer Institute 2010



Graduation 2010

The Department's Annual Graduation Ceremony was held on June 9, 2010, at the Weinstein Jewish Community Center. The attendance was outstanding and 210 people participated this year, including graduating trainees, family members, current trainees, faculty and staff. Drs. Jerome Strauss, Dean, School of Medicine, Joel Silverman, Chair and John Urbach, Director of the Residency Program, all commended our graduates and their families on the importance of their accomplishments. The recipient of the Clinical Faculty Award was Dr. Kenneth Waller. Dr. Erika Breden received the Teaching Award and Ms. Evelyn Welti & Dr. Asha Solanky received the Service Awards.



Graduation Photos 2010

