

Department of Psychiatry Chair Letter

News & Views about the 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:

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- *Distinguished Service Award*
- *Photos*
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- *Honors & Awards*
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Dear Colleagues:

I hope everyone has had an outstanding summer and is ready for an interesting and productive academic year.

We extend our condolences to Nancy Doyle, Randy Thomas and Rebecca Griffin-Mattauch who have recently lost members of their extended families. We extend congratulations to Vicki Longwill, Barbara Kane, Ramona Benedict and Delores Yeatts who recently became first time grandmothers.

Special congratulations go to Dr. Mary Ellen Olbrisch who will receive the VCU Distinguished

Service Award at the VCU Convocation on September 16, 2008, at the Kontos Medical Center. We will recognize Mary Ellen at our Faculty Dinner Meeting on September 15 at the Blackfinn Restaurant and hope you will join us for both events. I recently reviewed the University Distinguished Faculty awards, going back to its inception and was pleased to note the large number of our faculty who have been recognized. They include Drs. Cohen, Eaves, Kendler, Levenson and Sood.

I extend a warm welcome to Mr. Wilson Washington, the new Chief Executive Officer of Richmond Behavioral Health Authority. Mr. Washington comes to us from Florida and has just married Daphne Bryan Washington, M.D., who is the new Medical Director of Hayes Willis Community Center with a specialty in Family Medicine.

Dr. Leslie Kryzanowski is joining as full-time faculty at the McGuire Veterans Administration Medical Center. She comes to us from private practice.

We are making progress in mental health parity in that Congress has just eliminated the discriminatory co-pay for Medicare. This discriminatory incremental co-pay will be phased out over a number of years. I am optimistic that new parity legislation at the federal level will improve the quality of coverage for our consumers as well as extending the number of policies that provide mental health care.

On a less cheerful note, we have a number of factors that are currently stressing us financially. They include the impact of the economy on market returns, state and hospital budget cuts and the new tax on clinical contracts.

We are currently analyzing these issues and hope to bring you recommendations for how we can partner to move through this difficult time at the upcoming faculty meeting. I am genuinely confident of our ability to weather this storm well.

Look forward to seeing you at the faculty meeting.

Distinguished Service Award Mary Ellen Olbrisch, Ph.D.

Throughout her career, Dr. Olbrisch has maintained a tradition of service, which has carried over to her roles as a clinical health psychology educator and practitioner. She is called one of the "founding mothers" of clinical health psychology who entered the burgeoning area early in her career. Immediately after graduate school, she served on the Education and Training Committee for the American Psychological Association's new Division of Health Psychology, where she was instrumental in developing the curriculum for the training of clinical health psychologists, as well as the creation of the board certification process for the field.

"Dr. Olbrisch served as an original contributor to the development of health psychology education in the 1970s and 1980s," writes Dr. Larry C. James, professor and chair of the Department of Psychology at Tripler Army Medical Center. "... Clearly, Mary Ellen Olbrisch is a national leader within our profession." Dr. Olbrisch has been at VCU for 23 years and her volunteering includes working with the Children's Miracle Network Telethon, and serving on editorial boards of major medical journals, on the ethics committee of the American Board of Professional Psychology, and on VCU Department of Psychiatry training, quality assurance and clinical practice committees.



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Around The Department Since May

Women To Watch

Washington, D.C. – Jewish Women International (JWI) has selected **Susan G. Kornstein, M.D.** as a 2008 Women to Watch honoree for her work as a pioneer in women's health.



Kornstein, Professor of Psychiatry and Obstetrics/Gynecology at VCU, is co-founder and executive director of the VCU Institute for Women's Health, a groundbreaking center for treatment, research, education, community outreach and the promotion of female leadership in science and medicine. Kornstein, an internationally known researcher in depression, is editor-in-chief of the *Journal of Women's Health* and president of the International Association for Women's Mental Health. Kornstein's institute demon-

strates just "how much has changed since I started out. Women's health is much more of a priority on the national health care agenda," she says. "But a lot of work still needs to be done." Kornstein is one of ten exceptional Jewish women from across the United States who will receive the 2008 Women to Watch award.

Faculty Dinner Meeting

Late Spring was the time for a Faculty Dinner Meeting at Mekong Restaurant. After dinner, opening remarks and introductions were made by Dr. Silverman.



Associate Dean for Faculty Affairs, Dr. Ponzola Coney, was the speaker for the evening. Her topic for the dinner meeting was Promotion and Tenure. She handed out a 33 page "Guidelines for Faculty" and discussed the most important aspects of the document. There was time for Questions and Answers before the meeting came to a close at 9 p.m.



The next Faculty Dinner Meeting is scheduled for September 15 from 5:30-7:30 p.m. at Blackfinn Restaurant, 101 Haxall Point. Topic for the evening is: "How the Economic Slide May Affect Us" and Dr. Silverman will lead the discussion.



Welcome New Faculty and Fellows

I am pleased to announce we have been very successful in our recruiting efforts this year.



We have recently hired **Lori Keyser-Marcus, Ph.D.**, as Assistant Professor, Division of Addiction Psychiatry and Associate Director of the Office of Addiction and Women's Health. She is the Principal Investigator in four studies funded by the Alcoholic Beverage Medical Research Foundation, the National Institute on Drug Abuse, the Virginia Tobacco Settlement Foundation and the VCU Institute for Women's Health. All projects focus on substance use and related conditions.

On August 1, 2008, **Katherine Macie, Ph.D.**, joined our faculty as Assistant Professor in the Child and Adolescent Division at VTCC, where she will be Director of Ambulatory Services and also where she completed her own post-doctoral training. Dr. Macie worked for the Department of Juvenile Justice as Supervisor of Mental Health and Substance Abuse Services for girls at the Bon Air Juvenile Correctional Center.



Joel B. Moran, M.D. joined us in mid-August as Assistant Professor. He will be the Inpatient Attending for the Schizophrenia team and is the Director of Psychiatric Emergency Services at VCUHS.



Although **Robert K. Schneider, M.D.** accepted a position at the Hunter Holmes McGuire Veterans Administration Medical Center, where he will lead a new program relating Psychiatry to Primary Care, he will remain in the department as Clinical Faculty and continue to work with the Nelson Clinic, teaching residents, medical student trainees and seeing patients.



Christopher Kogut, M.D. has joined C&L Psychiatry as a Psychosomatic Medicine Fellow.

Hatice Yilmaz, M.D., Victoria Barrow, M.D., Walid Fawaz, M.D., Sala Webb, M.D., have joined us as Child & Adolescent Psychiatry Fellows.

Jennifer Jones Cameron, Ph.D., has joined the Department as a post-doctoral fellow in Clinical Health Psychology. A native of North Carolina, Dr. Cameron completed her undergraduate degree at East Carolina University. Dr. Cameron received her Ph.D. in Medical (Clinical) Psychology from the University of Alabama at Birmingham. She completed her internship in clinical psychology at the West Virginia University School of Medicine in Charleston. Dr. Cameron



is particularly interested in patients with cardiac disease. Her dissertation "Depressive Symptom Types and Coping Strategies Among Cardiac Rehabilitation Participants" will be the basis for her Grand Rounds presentation this coming May. She will be working with the heart failure/heart transplant program, the weight loss surgery program, and in other areas of health psychology practice while completing her fellowship.



Departing fellow **Melanie Bean, Ph.D.**, will be joining the Department of Pediatrics as Assistant Professor on the research track.

Dr. Solam Huey, M.D., has recently returned to New York but is currently considering a health psychology position in Richmond.



Several faculty members have left the department recently and we wish them well in their future endeavors.

William Fahey, Ph.D., formerly of VTCC, will be working for a child mental health facility in Massachusetts. **Veronica Matthews, M.D.**, formerly of the Inpatient Psychiatry Division, will be working at a local private practice group, Commonwealth Counseling Associates. **Alican Dalkilic, M.D.**, formerly of Inpatient Psychiatry also, will join St. Elizabeth's Hospital in Washington, D.C. He will continue to work with the Mood Disorders Institute and will remain part of our Clinical Faculty.

Orchids..... An Exotic Hobby

By James Culbert, Ph.D.



Phalaenopsis

"They are very hard to grow."

"You will never get them to bloom again."

"You have to grow them in a greenhouse."

NOT TRUE! There are probably more myths about orchids than any other flowering plant. They are, in fact, quite hardy and different species are found all the way from tropical jungles to the Arctic Circle. They grow in very diverse environments. For instance, some are terrestrial and grow on the ground, others are epiphytic and grow on rocks and trees, while others grow on decayed vegetation. The secret for caring for them is to recreate a semblance of their preferred environment. Find out how by asking the seller or an orchid grower. While some are difficult to get to bloom, even for the experts, most sold today are easy to care for and with proper attention, will rebloom every year.

Orchids make up about 8% of flowering plants. They are the largest family of plants with somewhere between 20-30,000 species. The next time you use vanilla, keep in mind that the vanilla bean is the fruit of an orchid.

The Phalaenopsis orchids are the most commonly seen orchids and are the easiest type to grow. They are readily obtained from grocery stores or Lowe's, etc. with prices from \$15-\$30. They have a series of large blooms on a stem with the blooms lasting for months. All you have to do is keep them evenly moist, fertilize them when you think about it, transplant after they bloom and drop the nighttime temperature into the high 50's in the fall for a few weeks to let the plant know it is time to bloom again. They prefer moderate light and will decorate your window with their fantastic blooms.

One of the best known varieties is the Cattleya, which have big showy blooms which only last a few weeks but



Cattleya

often have the best fragrance of all the orchids. They need more light, such as a lightly shaded south window. They like 55° to 60° at night and 70° - 85° in the daytime, so they will be very happy if you turn the temperature down at night.

Let them dry before watering and fertilize, especially in the summer. Lady Slippers or paphiopedilum grow wild in our area but will die if you dig them and try to grow at home. Phyllis (my wife) and I ran into a forest grove full of blooming lady slippers when on a hike in a local park. They thrive on the forest floor so they require low light. They like to be moist and never dry and need repotting every two years. They grow well under lights in the home.

The price for most is not great; often selling for less than \$20, making them very affordable and often less than cut flowers. Phyllis and I visited a famed paph grower in California who offered us one for \$10,000.00! He bemoaned the fact Americans are not willing to spend on orchids. He sells primarily to the Japanese who are obsessed with the best blooms possible.



Paphiopedilum

I caught the "bug" over 30 years ago, before coming to Richmond, when a friend left Detroit for California and I inherited a few of hers. I have now accumulated over 200 and have orchids in bloom every day of the year. Department members may have seen a few of mine sprinkled in the offices of faculty, post-docs and secretaries on West Eight that I loan out for the blooming season.

If you too get the bug/addiction, there are two local orchid resources who welcome visitors. the Richmond Orchid Alliance and the Virginia Orchid Society. They both meet one Sunday a month; one at the Science Museum and the other at Lewis Ginter. A great source for free information on orchid culture is the American Orchid Society (AOS.org).

But beware..... once you get one to rebloom, they are just like potato chips. You "can't have just one". And if you cannot rebloom them, all is not lost, I am beginning an "Orchid Rescue Program". Just bring me the plant and I'll bring it back to life for others to enjoy! If you are interested in growing orchids, I would be glad to help, or ask Charles Gardner who works in Psychiatric Genetics—he is an expert grower and he grows them under lights in his home.



CONGRATULATIONS! Recent Appointments, Honors, Awards and Presentations

- Passed Part I ABPN Oral Boards: **Katherine C. Smith, D.O., Snezana Sonje, M.D., Christopher Kogut, M.D., Joel Moran, M.D., Robert Oldham, M.D., Caroline Koster, M.D.**
- VAMC: **Sultana Salam, M.D.**, passed the Certification Examination in Psychosomatic Medicine by the American Board of Psychiatry and Neurology.
- **Zhongming Zhao, Ph.D.**, received a VCU Institutional Research Grant from the American Cancer Society which will study the methylation and mutation pattern in 1,000 cancer genes.
- **Nathan Gillespie, Ph.D.**, post-doctoral fellow at VIPBG under the supervision of Ken Kendler, M.D. and Michael Neale, Ph.D., was awarded an NIH Pathway to Independence Award (K99/R00) for the next five years.
- **Sandra Barker, Ph.D., Catherine Crone, M.D., Susan Kornstein, M.D., Asha Mishra, M.D. and Bela Sood, M.D.** were recently honored by WISDM (Women in Science, Dentistry and Medicine) for being among the 50 full professors and for their excellence in teaching, scholarship, service in clinical care and other contributions to the university and the health system.
- **Alican Dalkilic, M.D.**, was recently awarded participation in the "10th Annual Future Leaders in Psychiatry" conference by Emory University.
- **Sandra Barker, Ph.D.**, Director of the Center for Human-Animal Interaction was invited to join an Ad Hoc Committee on the Human-Companion Animal Interaction by NIH. She has also been invited by the Eunice Kennedy Shriver National Institute of Child Health and Human Development and Marx, Inc. to participate in "Directions in Human-Animal Interaction Research: Child Development, Health and Therapeutic Interventions" workshop in October, 2008.
- **Ken Kendler, M.D.**, was appointed to the committee of nine which selects the Templeton Prize, which at \$16 million, is one of the largest prizes currently awarded.
- **Ram Shenoy, M.D.**, won the 2008 Frank J. Menolascino Award for Psychiatric Services for Persons with Mental Retardation/Development Disabilities.
- **Dailborka Danelisen, D.O.**, was selected for Area V's Deputy Representative of the Assembly Committee of Area Members-In-Training.
- **Ama Rowe, M.D.**, was chosen to represent resident and fellow physicians at the 32nd Annual Assembly Meeting of the AMA's Resident & Fellow Section.
- **Thomas Wise, M.D.**, (INOVA) will present a paper on Psychiatric Aspects of Bariatric Surgery "The Obesity Crisis: Psychiatry Weighs In" at Yale in October.
- **Brian Meyer, Ph.D.**, will be presenting "Testing the Feasibility of An Evidence-based Substance Abuse Preventive Intervention for Youth with Psychiatric Disorders" at the Addiction Health Services Research Conference in Boston, October 20-22.
- **Susan Kornstein, M.D.**, was quoted extensively in the September 10 edition of Newsweek Magazine in an article featuring her studies on the "Drug Gap" between men and women when dealing with depression.

Investing In The Future..... By Yaacov Pushkin, M.D.



In times of market volatility, mortgage crises and skyrocketing gas prices, it is important to have a well-balanced investment portfolio. Those with children are familiar with a gamut of college savings plans. We have learned

about the principles of dollar cost averaging, diversification, retirement plans, and tax advantaged funds.

The academic clinician has long understood the generative value of investing in the education of our trainees, who represent the future of our disciplines. We also realize that medicine is a competitive market with only 2-5% of medical school classes choosing psychiatry as a career. In light of this fact, it is important to start investing early.

A prime example of a novel investment, which now has a performance record of several years, is the VCU Summer Institute in Psychiatry for Medical Students. This "fund of knowledge" has been held on an annual to bi-annual basis and is open to pre-clinical medical students from across the country and beyond. This summer, our weeklong institute attracted ten students: Rishi Sood, Courtney Lawrence, Courtney Wiemert and David Bae from VCU; Devon Hardy, Jerita Dubash and Nicholas Friedman from the Virginia College of Osteopathic Medicine; Kimberly Woodyard from American University of the Caribbean; Julie Mayo from American University of Antigua; and Melissa Kennedy from Wayne State University. These students engaged in a diversity of classroom and clinical experiences which were of unique interest in terms of educational exposure with topics outside of those offered in standard curriculae. The syllabus of our institute is presented for your review:

Virginia Commonwealth University School of Medicine

Summer Institute in Psychiatry for Medical Students—7/6/08-7/11/08

OVERVIEW: This was the third Summer Institute in Psychiatry for Medical Students hosted by the VCU. The purpose of the Institute is to provide medical students with an exciting and intensive experience in Psychiatry, covering topics that are of interest to trainees, but may not be presented in a traditional curriculum. The Institute consisted of seminars and clinical experiences provided by nationally and internationally known experts in the field of Psychiatry. Students received a Certificate of Participation at the end of the program. Students entering the M-II through M-IV years are eligible, up to a maximum enrollment of 20. The Institute was open to all medical students nationally.

THE PROGRAM: Each day of the program is organized around a central theme, followed by dinners and a variety of social activities. Topics this year included "The Components of Psychiatry Residency" by John R. Urbach, M.D., Director of Residency Training. There were tours, roundtable discussions and team assignments throughout the first day. Tuesday's topic was Current Issues in Psychiatry with presentations by Antony Fernandez, M.D., Chief of Service, VAMC Psychiatry, Katherine Smith, D.O., Assistant Professor of Psychiatry and Anand K. Pandurang, M.D., Division Chair, Inpatient Psychiatry. There were team assignments in the afternoon, followed by dinner at Cous Cous. Wednesday's topic was Med-Psych 1 and the day began with Team Assignments, followed by presentations by Rochelle Klinger, M.D., Clinical Faculty, James L. Levenson, M.D., Vice-Chair and Division Chair, C-L Psychiatry and Alex Trutia, M.D., Director, Medical Psychiatry Service. Thursday we had Psych 2 with John Hettema, M.D., Ph.D., Associate Professor of Psychiatry; Douglas P. Gibson, Psy.D. and Sultan Lakhani, M.D., Director, Geriatric Psychiatry.

Friday's topic began with a video about ECT followed by clinical observation of ECT with Veronica Matthews, M.D., Co-Director of ER Psychiatry and ECT. There was also a presentation by Patricia Pade, MD, Medical Director of Virginia Health Practitioners' Intervention Program concluded the lectures.



In the end, what will be the yield of the VCU Summer Institute? Will it spark interest in Psychiatry? Better yet, VCU Psychiatry? Although even the most market savvy financial gurus cannot accurately predict market forces or activity, I maintain confidence in investing in the lives of students and I will hold an ever bullish forecast regarding the many "funds of knowledge" that VCU Psychiatry has to offer.

Graduation Banquet 2008



The Graduation Banquet was held June 11, 2008 at Lewis Ginter Botanical Gardens and attended by 250 graduates, faculty and guests. A special tribute to Gayle Gwaltney, RN, our former Director of Nursing, was recorded in the graduation booklet. Also of special note, Dr. Kirk Nelson retired from the Hunter Holmes McGuire Veterans Administration Medical Center this year.



PGY-4's graduating this year included Drs. Rownak Afroz, Usman Ali, Krishna Bezwada, Caroline Coster, Christopher Kogut, Golam Mohiuddin, Annamaria Moldovan, Joel Moran and Robert Oldham. Graduating Post-Doctoral students: Drs. Sandra Henderson and Melissa Hunt. Graduating Fellows in Child Psychiatry were Drs. Charles Hall, IV. Punitha Rathnam and Ross Yapple. Dr. Snezane Sonje graduated in Psychosomatics. Dr. Hatice Yilmaz (PGY -3) departed this year for a Child Fellowship at VCU.



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Her work with screening and preparing patients psychologically for organ transplantation cemented her stellar reputation. She was a member of the first living liver donation team at VCU in 1998 and since then has been a leader in national discussion of issues of ethical practice, fairness and justice in organ allocation, as well as in the limits and possibilities in expanding organ transplantation.

Five years ago, Dr. Olbrisch branched out into another rapidly growing area: obesity and weight-loss surgery. As in her work in transplantation, she helps patients understand what the surgery entails and what they can expect. Much of Dr. Olbrisch's work occurs behind the scenes, on her own time and with little fanfare.

Dr. Olbrisch credits VCU for sustaining a stimulating and challenging environment, as well as offering the opportunity to participate in groundbreaking work.

Also wonderful is the fact that this award honors service, which has always held special meaning for Dr. Olbrisch. "It's valuable to me that the university recognizes that service does count," she says. "It's recognition for this kind of work that is essential to advance our institutions, and I'm very proud of that."

Excerpted from an article written by Erin E. Egan