Greetings from the Department Head

Dear Alumni and Friends,

I began as the Department Head on August 1, 2016, so I have been a Minnesotan for a year now.

We spent this past year getting crystal clear about our mission and vision as a department:

Mission Statement: We are an academic Department of Psychiatry in a land-grant university, supported by the taxes of our fellow Minnesotans. As such, we have been entrusted to:

- Create and disseminate new knowledge in the science of mental health
- Provide effective and innovative clinical care to alleviate the suffering of mental illness
- Train the next generation of experts who will be leaders in Minnesota and beyond

Vision Statement: We will be recognized nationally and internationally for our research and educational expertise that translates scientific discovery into the practice of psychiatry, behavioral health, and contributes to a transformation of our field.

Please enjoy this newsletter, where you will see how the rubber meets the road as our amazing faculty, trainees and staff work together to enact our mission and vision.

Sophia Vinogradov, M.D.
Professor and Department Head
Donald W. Hastings Endowed Chair
Department of Psychiatry
University of Minnesota Medical School
Welcome, New Faculty

The Department of Psychiatry extends a warm welcome to our newest faculty members:

**Quentin Gabor MD**, an experienced clinician and educator who joins us from Ramsey County, with expertise in persistent mental illness, and fostering wellness, and recovery.

**Lidia Zylowska MD**, another experienced psychiatrist, author, and educator who joins us from California, with expertise in ADHD and Mindfulness.

**Christine Conelea PhD**, a researcher from Brown University with a research program in “Integrative Examination of Neurobehavioral Mechanisms in Tic Suppression”, including use of neuroimaging and TMS.

**Matej Bajzer, MD, PhD**, a recent graduate from Hofstra-Northwell School of Medicine, who will be serving as inpatient attending on M Health inpatient psychiatry unit and outpatient neuromodulation (ECT, TMS).

**Sophia Albott MD**, a former resident and T32 postdoctoral fellow who will lead our TMS clinic and will focus on her research in the use of ketamine for treatment-resistant depression and PTSD.

**Justin Anker PhD**, a former T32 postdoctoral fellow. Dr. Anker has begun an NIAAA-supported research program examining the impact of anxiety disorders on stress systems during recovery from alcohol use disorder.

**Katie Lingras PhD**, a researcher from New York Center for Child Development, who is developing programs in Primary Care Integration and Mental Health Consultation and Treatment.

**Adnan Ahmed, MBBS**, who will be providing integrated consultative services through the M Health Integrated Care Clinic, forensic psychiatry services through Dakota County ACT teams, and serving as a psychiatrist for the NAVIGATE teams, serving the needs of patients experiencing a first-episode of psychosis.

**Danielle Vrieze, PhD**, joined us on September 1st as a Child and Adolescent Psychologist from the University of Colorado, Denver. She has a strong interest in teaching and will provide supervision to psychology interns, as well as to the Child & Adolescent Fellows.

**Michael-Paul Schallmo, PhD**, who joins us from the University of Washington, will be working in Dr. Scott Sponheim’s Psychosis Human Connectome Project (HCP) Grant and also as a Sensory Neuroscientist, collaborating with other members of the department who are interested in using EEG methods in their research.
**LEADERSHIP UPDATE**

**Dr. Ziad Nahas**, who was recently the Chair of the Department of Psychiatry at the American University in Beirut, has accepted a faculty position with us and will join us in September as the new Vice-Chair for Clinical Programs. Dr. Nahas is an internationally known researcher in neuromodulation and is also known to be an exceptional clinician and a dedicated mentor.

**Dr. Dee Bass** has accepted the title of Medical Director of Outpatient Services and will be sharing the responsibilities for our rapidly growing outpatient programs with Dr. Zagoloff. Dr. Bass is a beloved teacher and a masterful clinician, who is known regionally for her creative work in integrated care models.

**Dr. Sasha Zagoloff** has taken on the title of Program Director for Outpatient Services. Dr. Zagoloff plays a key role in psychology training and has a background in weaving clinical research programs with clinical services.

Both Dr. Bass and Dr. Zagoloff will be members of the Department Leadership Team.

**Dr. Afshan Anjum** stepped into the role of Fellowship Director of the Child and Adolescent Division in June. Dr. Anjum is a highly regarded faculty member who has played an important role in the division since her completion of the fellowship in 2004.

**Dr. Jonathan Homans** will become the Associate Child and Adolescent Fellowship Director as of his start date in October 2017.

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**DAN MARKINGSON SYMPOSIUM 2017**

We were pleased and honored to host the first annual Dan Markingson Lecture on the role of the family in mental well-being and mental health recovery. This special symposium took place on April 26, 2017 in the Humphrey Conference Center.

Dr. Gerald August, Professor, Department of Family Social Science; Adjunct Professor, Department of Psychiatry; Co-Director: Institute of Translational Science in Children’s Mental Health; Director, Center for Personalized Prevention Research, spoke on the role of the family in shared medical and mental health decision-making. Dr. August’s lecture was followed by a panel discussion by people who have a lived experience of mental illness and their family members.

A video recording of the symposium is available online:

Dan Markingson Annual Symposium- Inaugural event- April 2017
We are pleased to announce the expansion of our outpatient services with the addition of a new Early Childhood Clinic, co-directed by Katherine (Katie) Lingras, PhD, LP and Danielle Vrieze, PhD, LP.

This new clinic will partner with the Birth To Three Clinic in the Department of Pediatrics in the creation of the Infant and Early Childhood Mental Health Center to provide services to young children (0-6) and their families both in the clinic setting and in community-based settings such as Pediatric/Family Medicine Clinics, Early Childhood Education Programs, and Home-Visiting programs.

We have also expanded our programs for individuals experiencing first episode of psychosis. Our outpatient services now offer interdisciplinary team-based treatment focusing on resiliency and recovery, both at our St. Louis Park and Riverside locations.

As a part of that program, individuals may participate in the new NAVIGATE program, which was developed with support from NIMH. NAVIGATE is a clinically proven treatment approach for psychosis that seeks to improve quality of life by helping individuals resume normal life activities, including school, work, and relationships.

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M Health NAVIGATE is supported by funds provided from the Minnesota Department of Human Services.

Currently, we are working on the development of a Rapid Access and Brief Treatment (RBBT) Center. This project is being headed up by Dr. Deanna Bass, who has long been a proponent of integrated care.

Other Specialized Discovery Clinics in development are:

Teen Substance Use Disorder - Lucien Gonzalez, MD, project leader

Women’s Well-Being Clinic - Katie Thorsness, MD and Emily Pisetsky, PhD, project leaders

Mood Disorders Program and TMS - Katie Cullen, MD; David Bond, MD, PhD; Ziad Nahas, MD; Barry Rittberg, MD; Stephen Olson, MD; and Matej Bazjer, MD, project leaders.
S. Hossein Fatemi, MD, PhD was recently awarded an one-time, $10,000 Innovation Research Grant from the Medical School. Awards were given to high risk/high reward proposals for which little or no preliminary data currently exists.

Dr. Fatemi’s proposal is titled “Use of Selected Reaction Monitoring Mass Spectrometry to Identify Biomarkers in a Mouse Model of Autism and Schizophrenia”.

Scott Crow, MD, and his study team received a grant from the Klarman Foundation titled “Goal based learning and habit in Anorexia Nervosa” for a total of $551,209 across 3 years. The study will examine the contributions of habit and reward to persistence of anorexia nervosa symptoms.

Carol Peterson, PhD, and her study team received a one-year Klarman Family Foundation Eating Disorders Research Pilot Study in the amount of $149,991 for their project titled “Investigating the Impact of Oxytocin on the Neurobiological Underpinnings of Socioemotional Deficits in Anorexia Nervosa”. Co-investigators on this project are Suma Jacob, MD, PhD, and Kathryn Cullen, MD.

Matt Chaffee, PhD (Neuroscience), Katharine Nelson, MD (Psychiatry), and Michael Howell, MD (Neurology) have been awarded the 2017-2018 Innovation Award from the Office of Medical Education for their project “Longitudinally Integrated Neuroscience Curriculum-The Brain Beyond the Horizon”. This award will fund the co-development of new course content for Spring 2018 that will increase the basic science and clinical integration of teaching across MS1 and MS2. The awardees have also been invited to present their project and preliminary outcomes in a Scientific Foundations Committee meeting next fall.

Ann Haynos, PhD, a Postdoctoral Fellow on the Eating Disorders T32, received a K23 from NIMH, “Neural Correlates of Reward and Symptom Expression in Anorexia Nervosa,” totaling $837,751 of salary and research support over five years. This study will aim to identify reward biomarkers that predict restrictive eating and relapse among individuals who are weight restored from anorexia nervosa.

Kelvin Lim, MD, has been invited to serve on the Brain & Behavior Research Foundation’s Scientific Council. To date, they have awarded over $379 million to the best and brightest researchers in the world. https://www.bbrfoundation.org/

Jazmin Camchong, PhD has been awarded a scholarship by the Office of Faculty Affairs to the Association of American Medical Colleges’ Minority Faculty Career Development Seminar. This seminar brings together junior faculty from across the U.S. to provide guidance and tools for pursuing career advancement in academic medicine.

The National Alliance on Mental Illness (NAMI) announced that the 2017 Scientific Research Award will be presented to Sophia Vinogradov, MD. She will receive her award formally on December 7 at the United States Institute of Peace in Washington D.C.

Ann Haynos, PhD received the International Global Foundation for Eating Disorders/Eating Disorder Research Society Award for Postdoctoral Young Scientists for her abstract, “Reward, Habit, or Both? Insights from Resting State Synchrony of Neural Circuitry in Anorexia Nervosa” (co-authors include Carol Peterson, Scott Crow, Jazmin Camchong, Katie Cullen, and Kelvin Lim). This award will allow her to present her data at the International Eating Disorder Research Society conference in Leipzig, Germany in September 2017.

Ann Haynos, PhD received the Best Paper by an Early Career Scholar award from the International Journal of Eating Disorders for her paper entitled “Comparison of standardized versus individualized caloric prescriptions in the nutritional rehabilitation of inpatients with anorexia nervosa”. Winners are honored with a certificate and prize at the International Conference on Eating Disorders (ICED), the annual meeting of the Academy for Eating Disorders (AED).

Laura Pientka, DO has been selected as a recipient of the 2017 Association for Academic Psychiatry (AAP) Fellow Award. Fellows are required to present at the 2017 Annual Meeting, which will be held in Denver, Colorado from September 6-9, 2017. This two-year award includes an invitation to contribute an article to an upcoming Bulletin, the AAP monthly newsletter.

Jeffrey Wozniak, PhD received a $1.7 million grant from the National Institute for Alcohol Abuse and Alcoholism. Dr. Wozniak seeks to better understand how prenatal alcohol exposure changes brain networks over time in kids with FASD.

Dorothy Hatsuksi, PhD has been selected to receive the Dean’s Distinguished Research Lectureship Award. Dr. Hatsuksi will deliver a presentation detailing the story of her research at the event on October 26 in the Northrup Auditorium.
This Academic year is the 65th anniversary of our Psychiatry Residency and 55th year of our Child & Adolescent Fellowship. We are proud to be serving our community through exceptionally trained psychiatrists.

When people ask me how things are going, I love to reply, "The education mission in the Department of Psychiatry is alive and well!" If you are interested in opportunities within education, please contact me.

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GRADUATE MEDICAL EDUCATION UPDATES

Psychiatry Residency:
We are currently examining how to enhance the quality and integration of neuroscience curriculum being taught to the residents. This will be the topic of one of the afternoon workshops at the Education Retreat. We are also exploring strategies for improving faculty/resident collaboration in the completion of research and scholarly work. The Minneapolis VA Healthcare Center has welcomed a new faculty member with experience in addiction psychiatry. Resident orientation to all four years of training went very well (thanks to all who helped with this effort.)

Child and Adolescent Psychiatry Fellowship:
Under the new leadership of Dr. Anjum and Dr. Homans, with assistance from the chief fellows, Lewis’s Child and Adolescent Psychiatry textbook will be used to provide a basic outline and foundation for our didactics. Linking lectures to a textbook serves as a launching point for learning by maintaining a common theme and framework throughout the year. Child faculty members will be responsible for sections and serve as expert discussants.

Forensic Psychiatry:
The resident lectures were consolidated to one 12-week long lecture series beginning in the academic year 2017. Both fellows who graduated in 2017 (Dr. Ahmed and Dr. Kruse) have joined as new faculty with the division and have already started teaching residents and medical students. Department Faculty have been laying the groundwork for a new clinical elective for PGY2 residents in forensic psychiatry beginning the academic year 2018.

The Psychology Internship completed its site visit this past year to determine on-going accreditation status. The training committee has already received and responded to the feedback. The longest re-accreditation period would be for an additional ten years. This past year, though, a new evaluation system was implemented so we do not anticipate being accredited for ten years and are instead hoping it will be seven years until our next site visit.

PROGRAM SPOTLIGHT

The Addiction Medicine Fellowship Program received a "model program" status in 2011 as one of the first ten programs to be accredited by the American Board of Addiction Medicine. It has received grants from NIAAA, Conrad Hilton Foundation, and currently has a grant from the legislature to train more physicians in addiction medicine; essential in light of the opioid epidemic. It has been in existence since 1982 and trained over 50 physicians.

Education Retreat Planned for November 8, 2017

We will be hosting a special retreat for Wednesday November 8 from 8:30am-4:30pm, in the Humphrey Center, that will focus on Education in the Department of Psychiatry.

Our Keynote Speaker will be Dr. Erick Hung, Vice-Chair for Education in the Department of Psychiatry at the University of California, San Francisco, who will speak on psychiatric education innovation in the 21st century, with additional presentations by Dr. Kaz Nelson, Vice-Chair for Education in the Department of Psychiatry at the University of Minnesota and Dr. Scott Oakman, Program Director of the HCMC/Regions Residency Program.

We will also hold break-out sessions on the topics of scholarly work in psychiatry and education, neuroscience education, resiliency in psychiatric practice and training, preparing learners to meet the needs of patients with substance use disorders, strategies for psychotherapy teaching and supervision, and crafting a vision for the child & adolescent fellowship.

All faculty involved in departmental teaching activities at our affiliate sites (MVAHCS, Regions, HCMC, AMRTC, PrairieCare), in addition to adjunct faculty members serving in teaching and supervisory roles are invited.
Summer Brain Camp

On July 21, our Department hosted the inaugural Summer Brain Camp. Fifty attendees from 4 different departments met and spent the day together answering the question “What is the next important research question for mental health?”

Graduate students in neuroscience and in psychology, in health informatics and biomedical engineering, along with psychiatry residents and child psychiatry fellows, gathered together and interacted with individuals who have a lived experience of mental illness, taught each other about clinical and research approaches, and brainstormed in small groups.

One important set of findings from the attendees was their greater appreciation of the complexity of the real-world presentation of mental illness, and their understanding of the need to engage in interdisciplinary team science if we are to make headway in coming up with better treatments.

Stay tuned for Brain Camp 2018!

Psychiatry Review 2017: The Complex Puzzle of Addiction, Neuroscience Frontiers

This year’s Psychiatry Review conference will provide a guide to the diagnosis, epidemiology, risks, and management of substance use disorders and other psychiatric disorders that commonly co-occur with substance use disorders.

October 26 & 27, 2017
The Commons Hotel
agenda and registration

Distinguished Visiting Lecturers

Our Distinguished Visiting Lecture Series for the academic year will be kicked off by Dr. John Greden on September 13 at 1 pm.

Dr. Greden is the Executive Director, University of Michigan Comprehensive Depression Center, and the founder and the Founder and Chair of the National Network of Depression Centers. His pioneering work had led to collaborative research that has paved the way for our current understanding of depression diagnosis and treatment.

Dr. Greden was the former Department Chair at the University of Michigan, and will also be able to bring us many great insights about developing a highly successful academic psychiatry department in the Midwest.

Distinguished Visiting Lecture on October 4: Joshua Gordon MD,PhD, new Director of the NIMH

We are excited to announce that our Distinguished Visiting Lecturer on October 4 at 11 am will be Dr. Joshua Gordon, the new Director of the National Institute of Mental Health. Dr. Gordon will present Grand Rounds, and will also engage in a panel discussion about new research directions for our field, including the need for computational psychiatry and the importance of developing “circuit-based psychiatry.”

Dr. Gordon’s visit is hosted by the Department of Psychiatry and the Neuro-PRSMH group, an interdisciplinary group of faculty from Neuroscience, Psychology, Psychiatry, Biomedical Engineering, and Health Informatics, who focus on Neuroplasticity Research In Support of Mental Health.

It’s a real honor to host Dr. Gordon, and we look forward to showing off the many research accomplishments here at the University of Minnesota.

Dr. Keith Nuechterlein will be our DVL speaker on November 1. Dr. Nuechterlein is Director of the UCLA Center for Neurocognition and Emotion in Schizophrenia, and also Director of the UCLA Aftercare Research Program, a research clinic devoted to research and treatment with patients who have had a recent onset of schizophrenia.

He has made enduring contributions to our understanding of cognition in schizophrenia, and has played a key role in identifying important treatment approaches for early phases of psychosis. He received his B.A. and his PhD. from the University of Minnesota, and it will be fun to welcome him “home” again.

Please join us for these three important Grand Rounds this fall!

https://www.psychiatry.umn.edu/education/grand-rounds
SUPPORT PSYCHIATRY RESIDENT EDUCATION

Your gift to the Dr. Eric Brown Memorial Resident/Fellow Fund honors the memory of this brilliant psychiatrist and educator and advances the legacy he established in support of excellence in psychiatry resident education.

MAKE A GIFT

For more information about our residency and fellowship programs, visit our website.

We are extremely proud of the achievements of all our alumni. Please take a moment to give us an update to share with our community by contacting Laura Cabral at cabra004@umn.edu.

Eric Brown, MD