Dear University of Minnesota Department of Psychiatry Alumni and Friends,

It is with great pleasure that we share with you our first-ever Department of Psychiatry Newsletter!

I know that you care deeply about our Department and that many of you have followed its challenges over the past 2 years with great interest and concern. Today it gives me pleasure to let you know that the Department has entered an exciting new era, one filled with energizing growth, innovative Strategic Planning, and transformative research plans that will once again put this department at the forefront of premier academic psychiatry departments. (See article on page 4).

We have developed this newsletter to keep you up-to-date on the many new activities within the Department. We will send our newsletter to you biannually, so that you can stay abreast of new developments, find out about events and symposia, learn how our faculty are engaged in newsworthy activities both locally and nationally, and be informed about our research discoveries. We will also create a forum for you to share news about fellow alumni and friends and much more.

We are about to enter a transformative era in terms of how we understand, diagnose, and treat mental illness. In the next decade, we will be able to translate powerful scientific knowledge about the brain into highly innovative ways of helping our patients-- in a way that many of us would never have dreamed possible where we were residents. Please join us in creating a community of support for our important work bettering the lives of those with mental illness.

With warmest wishes for a peaceful and joyous 2017,

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

P.S. 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.
“PTSD is a particularly difficult disorder to treat. I think the work is very promising and exciting.”

Kelvin Lim, MD, Professor, was interviewed on KARE 11 regarding the recent FDA approval of a large-scale trial of MDMA (Ecstasy) to treat PTSD. Watch the video online.

“We now know that there are over 100 genes that contribute to autism. It’s a complex genetic disorder.”

Suma Jacob, MD, PhD, Associate Professor, was quoted in a MINNPOST article about one family’s experience seeking resources for their child with autism. Read the full article online.

“We all feel more supported and connected if we are able to tell our story of what is happening in our world.”

Michael Miller, PsyD, LP, Associate Professor, discussed the effects of stress on children as they return to school in the fall. Read the article.

“When our primary and secondary prevention efforts don’t work, we’re going to need to look at treatment options.”

Pamela Gonzalez, MD, Assistant Professor, was interviewed for an article in Forbes magazine. Read the full article online.

“So far we have to understand how alterations in the connections from one part of the brain to other brain regions might explain brain disorders such as schizophrenia.”

Scott Sponheim, PhD, Professor, discussed his new NIMH-funded research project in a recent Health Talk article. Read the full article online.

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“Ultimately, we seek to share and disseminate this knowledge through world-class psychiatric education.”

Katharine Nelson, MD, Assistant Professor and Vice Chair for Education co-wrote an article with Lora Wichser, MD, PGY-4 and Chief Resident. The article was featured in the 2017 January/February edition of MetroDoctors, the official publication of the Twin Cities Medical Society. Read the article.
**TRAINING & EDUCATION HIGHLIGHTS**

The Education mission of the Department of Psychiatry is alive and well! Here are a few key developments regarding our programs:

The psychiatry residency is in the midst of residency interviews. We are pleased to say there is outstanding interest in our residency from U of MN students and several outstanding external candidates. Interest in psychiatry is increasing nationally and the many efforts of faculty members and trainees in our department appear to be leading this trend locally.

We were sad to say goodbye to Dr. Danielle Goerke who had been directing the Child and Adolescent Psychiatry Fellowship. Dr. Vinogradov has assembled a search committee to identify a new director and the committee is making progress in advertising the position and fielding applications.

Dr. David Atkinson will be assuming the Geriatric Fellowship Program Directorship, continuing the strong legacy of Dr. Susan Czapiewski who will be retiring from this role.

The Psychology internship saw a 25% increase in the number of applications this year (from an average of 75 to 100 for 6 slots). The Psychology Faculty members delivered a new group in clinic called Rumination Focused Cognitive Behavior Therapy - designed for adults with depression, and we ran it as a prequel to Mindfulness Based Cognitive Therapy.

The First Episode Program clinic is becoming robust with Dr. Vinogradov joining the team and many positions have been filled for the two NAVIGATE teams at St. Louis Park. Additionally, efforts are underway to recruit talented faculty to join our inpatient teams.

**RESEARCH NEWS**

**RECENT GRANTS**

Professor Scott Sponheim, PhD, received a grant from NIMH, “Neural Disconnection and Errant Visual Perception in Psychotic Psychopathology”, totalling $4,621,195. This project will use psychophysical tasks and magnetic resonance imaging (MRI) data to quantitatively model the role of low-level and high-level influences on visual perceptual abnormalities in psychosis.

Assistant Professor Kathryn Cullen, MD, received an NIMH grant, “A Longitudinal Study Examining Three RDoC Constructs in Adolescents with Non-Suicidal Self-Injury”, totalling $1,835,452. This neuroimaging study will examine the development of neurobiology relevant to self-harm behavior in young adolescent girls over the course of 3 years.

Assistant Professor Jazmin Camchong, PhD received a KL2 Scholars Career Development Award through the Clinical and Translational Science Institute (CTSI). The program provides 75% salary support and $25,000 in research funds for three years. Dr. Camchong’s topic is Brain Functional Connectivity during Early Recovery in Alcohol Use Disorder as a Marker for Relapse.

**PUBLICATIONS**

In 2016, our faculty published over 75 scientific articles in a range of prestigious medical journals on a wide variety of topics, including eating disorders, childhood psychopathology, mood disorders, schizophrenia, and substance abuse. To access these papers, visit our website.
PSYCHIATRY 2.0

Dr. Vinogradov brings an inclusive approach - and an innovative treatment concept - to the University's Department of Psychiatry

A confident Sophia Vinogradov, M.D., stood at a podium in University of Minnesota Masonic Children’s Hospital in September and addressed an auditorium filled with people eager to hear her take on the future of psychiatry at the U. She'd taken the helm of the Medical School’s Department of Psychiatry just a few weeks earlier. This was her chance to sketch out her vision for the department going forward.

Afterward, an enthusiastic audience had clearly received the message: here was a new department head who was up for the task. “The biggest challenge facing the field of psychiatry today,” Vinogradov says, “is the ever-widening translational gap between what we’re learning through neuroscience research about the brain and how it functions, and how we use that knowledge effectively to help people.”

“This, she says, is her quest: to continue generating new knowledge that will alleviate suffering and, in the process, build the Midwest’s premier psychiatry department.

Vinogradov comes to the U with a world-class résumé. She’s an internationally recognized schizophrenia researcher, former vice chair of the Department of Psychiatry at the University of California, San Francisco School of Medicine, and former associate chief of staff for mental health at the San Francisco VA Medical Center.

She comes to the University of Minnesota Medical School’s Department of Psychiatry at a time of intense scrutiny. Last year, two reports called on the University to implement significant changes to better protect human research participants, especially those with diminished mental capacity.

“Dr. Vinogradov is the right leader to move reforms forward,” says Brooks Jackson, M.D., M.B.A., dean of the Medical School, “and to build a new culture of trust and cooperation.”

Jackson refers to the University’s comprehensive work plan designed to strengthen its human research protections and commitment to ethics, a plan currently being implemented University-wide.

Vinogradov is already building on that work plan by establishing a Community Advisory Council for the Department of Psychiatry.

“Neuroscience has proven that fear is a mind-killer,” she says, “and that compassion and happy moods facilitate problem solving. We need to promote safe, open dialogue that acknowledges that we all make mistakes.”

Brain training

Vinogradov’s own research has focused primarily on what she calls “computerized brain exercises” designed to strengthen information pathways in the brain, which are weakened in people who have
schizophrenia. In fact, many psychiatrists have come to believe that the cognitive difficulties faced by people who have schizophrenia are even more debilitating than the hallucinations also associated with the disease, she says. Vinogradov has found that when people who have schizophrenia do these computer exercises intensively, their neural networks will physically change. In one study, she used specially designed computer software to put 55 people through brain “fitness training.”

After the volunteers had completed the computer training, Vinogradov found that they performed better in a range of cognitive tests, including memory and verbal learning, than other volunteers in a control group who instead had played simple computer games. Vinogradov’s work in this area was named one of the Major Discoveries of 2012 by the Brain and Behavior Research Foundation.

Not surprisingly, given her expertise in this subject, Vinogradov hopes to get a treatment center for this kind of brain training up and running quickly in Minnesota. Key to that effort, and others, is the Frederick B. Wells Jr. Fund, a philanthropic gift that allocates about $900,000 annually for schizophrenia research at the University (see sidebar).

“The pieces are in place”

During her September presentation, Vinogradov shared an image of the Grand Canyon, an image she says symbolizes the gap between the impressive advances happening in neuroscience research and how doctors in the field diagnose and treat patients. She calls it the “translational gap.”

“I strongly believe that we need to commit to generating new knowledge that will alleviate suffering,” she says. “To take the incredible knowledge we’re gaining through research and translate it into new ways to help people—that’s why we’re here, right?”

As part of this plan—one she calls “Psychiatry 2.0”—Vinogradov also intends to engage a new army of helpers, formerly known as research volunteers, whom she calls “citizen scientists.” She envisions that these urgently needed citizen scientists will share information to help physicians generate personalized care plans that are grounded in neuroscience.

And she’s confident that the team she’s creating will come together to achieve greatness.

“The University of Minnesota already has world-class neuroimaging capabilities, incredible researchers working in the neurosciences, and one of the best public health schools in the nation,” she says. “We also have a clear opportunity here to create the preeminent psychiatry department in the Midwest. All the pieces are in place. Now it’s time to capitalize on those many, many strengths.”

By Barbara Knox

Frederick Brown Wells in 1917

The story behind the Frederick B. Wells Jr. Fund

Supporting Schizophrenia Research in the Department of Psychiatry

Frederick Brown Wells was a prominent Minneapolis businessman in the first part of the 20th century. He rose through the ranks at grain dealer F. H. Peavey & Company and was married to one of the owner’s daughters, Mary Drew Peavey.

One of the couple’s four children, Frederick B. Wells Jr., however, struggled with dementia praecox, which would later become known as schizophrenia. That prompted the senior Wells to establish the Frederick B. Wells Jr. Fund in 1944 in his son’s honor. More recently, now that the children and grandchildren Wells named as beneficiaries have passed away, the money has become available for research into schizophrenia prevention, management, and treatment at the University of Minnesota.

Because the value of the Wells fund today is so large—to date totaling about $14 million—it will distribute about $900,000 annually to the Department of Psychiatry for this work. It remains one of the most generous gifts to the University (and the largest for mental health research) in the institution’s history.
AWARDS AND RECOGNITION

Dorothy Hatsukami, PhD, Professor, was elected to membership in the Academic Health Center’s Academy for Excellence in Health Research. Inductees will be honored at a reception this fall and have their portraits added to the permanent display in Moos Tower.

John Grabowski, PhD, Professor, received the 2016 MED Associates Brady-Schuster Award from the Division of Psychopharmacology and Substance Abuse of the American Psychological Association (APA).

George Realmuto, MD, Professor, was named “Psychiatrist of the Year” by the Minnesota Psychiatric Society.

Jazmin Camchong, PhD, C. Sophia Albott, MD and Justin Anker, PhD, Post-doctoral Associates, were selected as Travel Award recipients for the 2017 meeting of the Society of Biological Psychiatry which will take place in May in San Diego. This prestigious award provides special mentorship activities, networking opportunities, and an award presentation ceremony. Only 60 awards are given to applicants from all over the world.

Ann Haynos, PhD, Post-doctoral Research Fellow, received a Society for Psychophysiological Research Training Fellowship Award to fund travel for training in reward-based autonomic psychophysiological measures.

Heather Swanson, MD, Addiction Psychiatry Fellow, received a 2016 American Academy of Addiction Psychiatry Regional Travel Award.
CONFERENCES AND PRESENTATIONS

The Department of Psychiatry maintains a strong presence at the national level

Sheila Specker, MD, Professor, participated in a White House Symposium on the advancement of addiction medicine education- with fellowships leading the way. This was a high level policy meeting driven by 8 federal agencies, 20+ deans, Specialty Board directors, philanthropy, and Fellowship Program Directors. Dr. Specker was the facilitator of a break out group. Video recordings of the symposium can be found at the White House website.

Pamela Gonzalez, MD, MS, FAAP, Assistant Professor, presented several topics at the American Academy of Pediatrics (AAP) National Conference and Exhibition held October 22-25 in San Francisco.

• Urine Drug Testing: What Every Pediatrician Needs to Know
• Youth Opioid Addiction: A Part of Your Practice, So What Should You Know?
• Youth Opioid: Highway to Heroin? Opiates and Other Prescriptions After Musculoskeletal Injuries

Emily Pisetsky, PhD, Assistant Professor, presented at the American Foundation for Suicide Prevention, Arlington, VA. Her topic was Factors associated with suicide attempts in women with eating disorders.

Rana Elmaghraby, MD, a PGY-1 resident, presented “Serotonin Syndrome in the Burn ICU” at the American Psychiatric Association (APA) 169th annual meeting and “Posttraumatic Stress Disorder Following Lung Transplantation and the Erasure of the Psychiatric Sick Woman” at the Annual Society for Bioethics and Humanities (ABSH) 16th annual conference.

Jennifer Janacek, M.Ed., Resident Coordinator, gave a presentation on Professional Development at the Metro MN Council on Graduate Medical Education (MMCGME) Coordinator Conference.

Laura Pientka, D.O. discusses her poster with conference attendee

Seven posters were presented by Department of Psychiatry residents, fellows, and faculty members at the Association for Academic Psychiatry (AAP) annual meeting held in San Juan, Puerto Rico on September 24, 2016.

Dr. David Atkinson’s poster was awarded the 3rd place prize and our institution presented more posters than any other institution. David Atkinson, MD, Assistant Professor, serves as Associate Director of the Geriatric Psychiatry Fellowship.

Katharine Nelson, MD, Assistant Professor, will be presenting on the topic of Pharmacotherapies for Personality Disorders at the 107th Annual Meeting of the American PsychoPathological Association March 2-4, 2017 in New York. The theme for the 2017 meeting is: Personality and Personality Disorders: Foundations of Pathology, Pathways to Health.

Rana Elmaghraby, MD, a PGY-1 resident, will present two posters at the upcoming APA 2017 annual meeting in May. One of her posters is about augmented reality and psychosis. Her goal is to discuss utilizing augmented reality for young patients with first episode psychosis as a means of therapeutic behavioral activation.

Susan McCarthy, MD, Assistant Professor and Clerkship Director, along with Serena Sherrell, Medical Student & Forensic Fellowship Administrator will be joined by Kate Walia, MD Clerkship Director at SUNY and Katie Stuenzi, Clerkship Administrator at SUNY to give a group presentation at the Association of Directors of Medical Student Education in Psychiatry (ADMSEP) annual meeting in June.

UPCOMING PRESENTATIONS

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COMMUNITY EVENTS

NAMI WALKS MN 2016

This year was the 10th annual NAMI Walks MN.

With that in mind, our department set out to double our donation by holding two FUNdraising events. We held a potluck salad buffet and dessert contest in July and a slow-cooker potluck buffet and prize raffle in August.

We met our goal and raised a little over $1,000 in total.

We also had a large turnout at the walk with 50+ walkers for team M Health, more than forty of which were from the Department of Psychiatry.

Thank you to everyone who donated to our walk.

We’ll see you at NAMI Walks MN 2017
Saturday, September 23, 2017

MAKE A GIFT

A gift of any kind enables you to join hands with us as we strive to find the best ways to treat mental illness.

All gifts are received and processed by the University of Minnesota Foundation. If you have specific questions, or would prefer walking through the donation process with an expert, please contact:

Catherine McGlinch,
Director of Development,
612-626-5456.

Make a gift online