DEPARTMENT MISSION

We are an academic Department of Psychiatry in a land grant university, supported by 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 programs to alleviate the suffering of mental illness
- Train the next generation of experts who will be leaders in Minnesota and beyond
- Engage in compassionate and vigorous advocacy and communication to educate stakeholders about psychiatric illness, treatment, and research

DEPARTMENT VISION

Our research and educational expertise will bring brain and behavioral science to clinical care, will transform our field, and will have an international impact.
Dear Alumni and Friends,

Happy Valentine’s Day and welcome to our first Department newsletter of 2018!

It has been an amazing year—one of high growth and productivity.

Since last year, we have hired 17 new faculty (8 MDs, 8 PhDs and 1 MD/PhD) as well as 8 administrative staff and 20 new clinical staff. We performed a pay equity initiative for our faculty and made adjustments so that all of our faculty would fall within the AAMC median range. We initiated a Diversity and Inclusion Committee with representation from all members of our departments (chaired by Katie Lingras and Danielle Vrieze) as well as a Mentoring Program (chaired by Carol Peterson and Scott Crow) and a Well-Being Committee (chaired by Lidia Zylowska).

We re-organized our leadership structure, to better represent the diverse constituents of the department, and we initiated Divisions of Social Work and Advanced Practice Nursing within our clinical operations. Our education division is stronger than ever, with new faculty and new vision; indeed, a Residency Curriculum Re-Design Task Force is hard at work, as is a Psychology Practicum Program re-design. Our learners and faculty received a number of honors and recognition—you will read about those inside this newsletter.

We began a series of Think Tanks and Financial Sustainability Meetings to make sure that all faculty had the chance to meet together and discuss important topics such as how to engage in high-level communication and accountability, teamwork, and financially responsible clinical activities. We launched a number of new clinical programs (First Episode of Psychosis, Rapid Access Adult, Women’s Wellbeing, Teen SUD) with a number of other programs going live later this year (First Episode of Mood Disorders, Rapid Access Child, Child Therapy Program (partnership with ITR), Health and Wellbeing Program, Adult ADHD, Treatment Resistant Depression Program). We now emphasize team-based care, inter-professional collaboration and training, and the integration of research with clinical activities through Discovery Program measurement-based care.

Just as exciting, our research faculty received a record $11,000,000 in NIH funding support, earning us a highly improved Blue Ridge ranking and putting our department second of the Midwest’s Big Ten schools, behind only the University of Michigan (more details inside).

We continue to build our partnerships and collaborations with our colleagues and stakeholders throughout the community, including NAMI, HCMC, Prairie Care, Allina, and the many Citizen-Scientists who volunteer their time to participate in our research studies. Our first Dan Markingson symposium was a huge success, and we look forward to the next one on June 13, 2018, which will focus on Teen Suicide. Our commitment to our community is reflected in the “Fourth Mission” we have undertaken: Advocacy and Communication.

Thank you, all, for the many ways you support our important work. We look forward to another amazing year of education, clinical work, research, and advocacy.

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:

**Vince Vallera, MD**
Dr. Vincent Vallera will serve as the first psychiatrist member of the behavioral health team providing integrated mental health services at the MHealth Clinics and Surgery Center. He will also be providing psychiatric care at the University of Minnesota Physicians Psychiatry clinic. Dr. Vallera is an electronic medical record guru and will help to improve patient care through optimization of our system.

**Lora Wichser, MD**
Dr. Lora Wichser will practice on the adult psychiatry inpatient unit at the University of Minnesota Medical Center and will serve in the role of Associate Program Director for the Psychiatry Residency. She will provide additional education leadership as site director for the UMN clerkship students completing their psychiatry rotation at the University of Minnesota Medical Center. She will direct the first year resident neuroscience didactics.

**Ann Haynos, PhD**
Dr. Haynos’ primary research focus is on elucidating the biological and behavioral decision-making mechanisms that promote the development and maintenance of eating disorders, especially anorexia nervosa. Her research is funded through the NIMH and Klarman Family Foundation for Eating Disorders Research.

**Jonathan Homans, MD**
Dr. Jonathan Homans completed the Child and Adolescent Fellowship in the UMN Department of Psychiatry. Dr. Homan’s role will include two days a week practicing at the Community University Health Care Center. He will also serve in the role of Associate Program Director of the Child and Adolescent Psychiatry Fellowship. Additional teaching roles include precepting the child and adolescent consult clinic at the Masonic Children’s Hospital and providing clinical supervision of fellows in the University of Minnesota Psychiatry Clinic.

**Jessica Nielson, PhD**
Dr. Nielson is a jointly appointed Assistant Professor in the Department of Psychiatry and the Institute for Health Informatics. Dr. Nielson’s research involves working with animal and human data repositories for archived and ongoing trials aimed at precision diagnosis and treatment of several neurological disorders, including spinal cord injury (SCI), traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), and schizophrenia.

**Linda Skalski PhD**
Dr. Skalski’s work has broadly focused on drug addiction, neurocognitive functioning and risk behaviors among persons with HIV/AIDS, and coping with chronic health conditions. Her research has been funded by the National Institute on Drug Abuse. Dr. Skalski will be involved in research, direct clinical care, and program development, and she will be collaborating with Drs. Gonzalez, Kushner, and Specker.
S. Charles (“Chuck”) Schulz, MD, aged 70, passed away at home on October 1, 2017 in the loving care of his wife Shannon and with the love of his daughter Lyndsey, stepdaughter Chelsea, and son Will. Dr. Schulz was born in Evanston, Illinois, in 1946. He performed his undergraduate training at the University of Southern California. Upon graduation, he attended UCLA for Medical School and his psychiatric residency training.

Dr. Schulz then became a clinical associate at the National Institute of Mental Health where he worked in the Biological Psychiatry Branch at the Clinical Center.

From NIMH, Dr. Schulz moved to the Medical College of Virginia where he founded the Schizophrenia Program. His research interests focused on neuropsychiatric studies of teenagers suffering from schizophrenia, including CT scan research. He worked on the research team that demonstrated the efficacy of the “low-dose neuroleptic” strategy for borderline personality disorder. In 1983, he became Medical Director of the Schizophrenia Module at University of Pittsburgh where his research focused on treatment-refractory schizophrenia.

In 1986, he moved to the NIMH extramural program where he contributed to the National Plan on Schizophrenia Research and became Chief of the Schizophrenia Research Branch. Along with Dr. Carol Tamminga, he started the biennial International Congress on Schizophrenia Research. He also received a Public Health Service Medal of Commendation for initiating the Public Academic Liaison (PAL) program.

Dr. Schulz was Professor and Chairman of the Department of Psychiatry at Case Western Reserve University School of Medicine and University Hospitals of Cleveland from 1989-1999. His research interests were MRI imaging in adolescents with schizophrenia and bipolar illness. He was active in clinical trials with antipsychotic medications for schizophrenia and borderline personality disorder.

From 1999 – 2015, Dr. Schulz was the Professor and Head of the Department of Psychiatry at the University of Minnesota. In 2007, he was awarded the Donald W. Hastings Endowed Chair. His research work focused on psychopharmacology and brain imaging of schizophrenia and borderline personality disorder. Dr. Schulz received the Kempf Fund Award for Research Development from the American Psychiatric Association (2002), the Stanley Dean Award from the American College of Psychiatry for research on schizophrenia (2014), and the Wayne Fenton Award for Exceptional Clinical Care (2013.) He was active in community work with People, Inc., SAVE, and NAMI. He authored over 150 refereed journal articles and 6 books.

Although Chuck will be greatly missed by his friends and colleagues, his body of work and his leadership will remain as a timeless source of inspiration to many.

Dr. S. Charles Schulz Education Fund

Chuck dedicated his career and much of his life to serving others. Gifts of any amount to this fund will ensure that his legacy continues.

Checks can be made out to:

University of Minnesota Foundation
P. O. Box 860266
Minneapolis, MN 55486-0266

Note: please include Chuck’s name or the Dr. S. Charles Schulz Education Fund on the check. If you have any questions about the fund or making a donation, please contact Sara Rinehart at UMF at 612-624-9168 or rinehart@umn.edu
NEW DEPARTMENTAL INITIATIVES

In June 2017, the Psychiatry Department formally established a Diversity and Inclusion Committee, which focuses on bringing the diversity mission of the Medical School to our own department. The committee co-chairs are Dr. Katie Lingras and Dr. Danielle Vrieze, both new faculty members who are particularly passionate about diversity, equity, and inclusion goals.

Over the last six months, a group of 15+ individuals have expressed interest in and made the commitment to being part of the D&I Committee. With such a passionate and dedicated group, we have been able to accomplish a great deal and look forward to many exciting activities over the coming weeks and months!

The Medical School seeks to attain a diverse learning environment through the recruitment, enrollment, hiring, and retention/graduation of students, faculty, and staff who are underrepresented in medicine and may also be underrepresented in Minnesota.

---University of Minnesota Medical School Diversity Statement (excerpt)

The Psychiatry Department D&I Committee has undertaken this mission and expanded our goals to include facilitating an inclusive and supportive climate for all current members of the Psychiatry Department, monitoring and increasing awareness/efforts to support diverse needs of patients and families that the Psychiatry Department serves through clinical and research activities. We are also mindful of “pipeline issues” that impact earlier years of students seeking to apply to medical and graduate school, which is to say that in order to fulfill the recruitment/retention goals at medical student, faculty, and staff levels, attention must be paid at the undergraduate -- and even high school -- levels.

IN THE NEWS

The Mind Deconstructed

Dr. Katharine (Kaz) Nelson, who is frequently interviewed for features on local news media outlets, Minnesota Public Radio and KARE 11, has launched a new podcast series, The Mind Deconstructed.

Dr. Nelson is on a mission to translate the often complex field of psychiatry to plain language. George (her brother) provides his unique perspective, commentary and serves as podcast host.

Is depression real?
What are some of the underlying drivers of suicide?
How come no one ever talks about borderline personality disorder?

Listen to the podcast: The Mind Deconstructed

Visit our website to discover articles and news stories featuring the best work of our faculty, staff, and trainees.

https://www.psychiatry.umn.edu/news-and-events
We were honored to host Dr. Joshua Gordon, Director of the National Institute of Mental Health (NIMH) on October 4, 2107.

Dr. Gordon’s grand rounds lecture, “On Being a Circuit Psychiatrist”, was followed by a panel discussion, “Infusing development into computational methods in developmental psychopathology”, with faculty from the Center for Neurobehavioral Development (CNBD).

The CNBD Faculty member panel included Kathryn Cullen, MD; Jed Elison, PhD; Suma Jacob, MD, PhD; Patrick Rothwell, PhD; and Kelvin Lim, MD.

Watch the lecture and panel session online: https://youtu.be/VHYWLQ2LtfI

At a recent Psychiatry Training Committee meeting held at the Minneapolis VA Health Care Center, Dr. Katharine Nelson presented Susan Czapiewski, MD with a plaque created by the University of Minnesota Graduate Medical Education office in recognition of her many years of service as the former Director of the Geriatric Psychiatry Fellowship.

Dr. Sophia Vinogradov received the 2017 National Alliance on Mental Illness’s (NAMI) Scientific Research Award. The award was presented at the annual reception, Inspiring Hope Through Research, which was held at the United States Institute of Peace in Washington, D.C. on December 7, 2017. Dr. Vinogradov gave a pre-reception lecture: “Re-wiring the Brain: Neuroscience Informed Cognitive Training for Impaired Neural System Functioning in Mental Illness”.

A poster, titled “Medicine Safety for Children and Teens: We All Play a Role,” was distributed at the HealthyChildren.org booth at the American Academy of Pediatrics (AAP) National Conference & Exhibition in September and raised questions about how pediatric providers can locate and educate families about easy ways to dispose of unused opioids in their community.

The danger of uncontrolled access to prescription medication is discussed by Drs. Lucien Gonzalez, Rita Agarwal, and Constance Houck in a recent article in the AAP News, “Poster created to promote safe storage, disposal of Rx”.

Kelvin Lim, MD has accepted the invitation to serve on the NIMH Board of Scientific Counselors (BSC) BSC members are scientists of exceptional ability and they play a crucial role in helping the NIMH Director ensure an internal research program of the highest caliber that complements extramural research efforts.

Dr. Kaz Nelson has been appointed to the position of Associate Designated Institutional Official (DIO) in the University of Minnesota Medical School GME Office. Dr. Nelson is Vice Chair for Education and Residency Program Director in the Department of Psychiatry. In her new role, she will commit a portion of her time to providing additional institutional physician leadership for our graduate medical education programs. She has particular interests in faculty development and resident & faculty well-being, and plans to devote significant energy to those areas.
The psychology internship at the University of Minnesota Medical School began in the early 1960s, started by Paul Meehl, Ph.D., and was initially accredited by the American Psychological Association (APA) in 1965. It has maintained continuous accreditation since then, making it tied for the 13th oldest accredited psychology internship in the U.S. It is the oldest in the region.

The internship celebrated its first 50 years of accreditation at an event at the Campus Club in 2016, which included alumni flying in from around the country. The program has been administratively housed in the Department of Pediatrics since the mid-1990s, when William Robiner, Ph.D. became the Director. It draws on the combined faculty and resources of the Departments of Pediatrics and Psychiatry and contributes significantly to the educational and clinical missions of both departments.

The newly adopted APA (2015) Standards of Accreditation extended the maximal length of accreditation from seven years to ten. In November 2017, the internship was informed by the APA Commission on Accreditation that its site visit determination was for maximal accreditation through 2027. It was in the first cohort of internships in the country to be granted ten years of accreditation. Preparations for the self-study and site visit were collaborative and the positive outcome reflected the ongoing commitment of the faculty, staff and administration of both departments, and the Medical School to providing quality training to psychology learners. The program continues to explore additional opportunities for interprofessional education with learners in the Departments of Pediatrics and Psychiatry.

The internship currently offers education and training for six interns per year. They are recruited through a competitive process from doctoral programs around the country and ultimately are selected through a national computer match. Each intern matriculates through two of the three 6-month rotations: Child and Adolescent Psychiatry, Pediatric Neuropsychology, and Pediatric Psychology. Unlike in Medicine, where internship follows graduation from medical school, completion of the internship is a requirement for conferral of a doctoral degree in health service psychology. Graduates generally pursue postdoctoral fellowships at the University and at top fellowships throughout the US and the go on to diverse jobs working with child populations. A number of current faculty are graduates of the Internship: Drs. Chris Boys, Julie Eisengart, Kelly King, and Rene Pierpont in Pediatrics, Drs. Jeffrey Wozniak and Sasha Zagoloff in Psychiatry, and Dr. William Robiner in the Departments of medicine and Pediatrics. Dr. Wozniak is the Associate Director of the internship.

William Robiner, PhD

PSYCHOLOGY INTERNSHIP - 50 YEARS +

PSYCHIATRY UPDATE | WINTER 2018

PROGRAM SPOTLIGHT: Geriatric Psychiatry Fellowship

Our population is aging. According to the State Demographer, the number of Minnesotans turning 65 in this decade is greater than the past four decades combined. Around 2020, for the first time in history, the 65+ age population will eclipse the number of school age children. In addition to psychiatric symptoms, older adults face the challenges of cognitive impairment, medical and neurological comorbidities and increasing dependence on family members and care systems.

The geriatric psychiatry service at the Minneapolis Veterans Administration Medical Center trains University of Minnesota and HCMC-Regions psychiatry residents to diagnose and treat older adults with complex medical and psychosocial needs. We also offer elective experiences for medical students and 4th year psychiatry residents.

Since 1991, the Geriatric Psychiatry Fellowship Program has been dedicated to meeting the needs of older patients and their families. The one year fellowship emphasizes building expertise in diagnosis and treatment of psychiatric and cognitive disorders, integration with geriatric medicine, practice with neurology and palliative medicine, work with families, and use of a multidisciplinary approach to care. Research opportunities are available to fellows.

https://www.psychiatry.umn.edu/education/fellowships
Dorothy Hatsukami, PhD received the Dean’s Distinguished Research Lectureship Award. Dr. Hatsukami delivered a presentation detailing the story of her research at the event on October 26 in the Northrup auditorium.

Hear what the Vice Dean for Research and others have to say about the 2017 Dean’s Distinguished Research Lectureship Honorees: Dr. Stephen Hecht and Dr. Dorothy Hatsukami

Watch the video.

Dorothy Hatsukami, PhD is currently the Associate Director of Cancer Prevention and Control for the Masonic Cancer Center, University of Minnesota, a Forster Family Chair in Cancer Prevention, a Professor of Psychiatry and Adjunct Professor of Psychology and of Epidemiology at the University of Minnesota, and the Director of the Tobacco Research Programs.

Dr. Hatsukami is known for her research in the areas of nicotine addiction and treatment of nicotine addiction among a general population of adult smokers as well as adolescents. She has also conducted research in the area of smokeless tobacco. Her most recent research has primarily been focused on developing methods and measures to evaluate tobacco products and she has led an effort to develop a transdisciplinary team (both institutionally and nationally) around this topic. She has also concentrated her efforts on exploring and developing the science base for policies that might reduce tobacco-caused death and disease such as reducing the toxicity and nicotine in tobacco products.

Because of her expertise, Dr. Hatsukami has served on a number of national committees including the National Advisory Council for Substance Abuse and Mental Health Services Administration, National Advisory Council on Drug Abuse, the Interagency Committee for Smoking and Health, Drug Control Research, Data, and Evaluation Committee for the Office of National Drug Control Policy, the Institute of Medicine and on the Scientific Board of Counselors for the Intramural Research Program of NIDA. She has also served on the Tobacco Product Scientific Advisory Committee for the Food and Drug Administration. She has served on many advisory panels for other federal, non-profit and international organizations. She is a past president of the Society on Research on Nicotine and Tobacco and a past president of the College on Problems of Drug Dependence.

Tobacco Research Programs

The 2017 Blue Ridge Institute for Medical Research rankings came out and the UMN Department of Psychiatry went from 27th (2016) to 21st (2017), with a total department award of $11,375,271.

We are the 2nd highest Big 10 school behind the University of Michigan (ranked 17th).

View the list online.

We had 20 grants submitted in July-Dec of 2017.

So far, we have 11 submitted in Jan-Feb 2018 alone!

With the successful launch of the pilot phase of our Discovery Program protocol, where research-informed measures help guide clinical-decision-making, we are looking forward to a visit by Robert Heinssen, PhD on March 7, 2018.

Dr. Heinssen is the Director of Services and Intervention Research at the National Institutes of Mental Health (NIMH) and will be giving the grand rounds lecture that day.

Dr. Heinssen has graciously agreed to extend his stay in order to visit with our Discovery Program Team as well as the Recovery After Initial Schizophrenia Episodes (RAISE) and the NeuroPlasticity Research in Support of Mental Health (NEUOPRSMH) teams.
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.