**What's New...**

SOMnews has now expanded to eight pages, with more information and special sections on Research & Discovery, Clinical Care, Academic Innovations, and Community Impact.

**What's Inside...**

2 Connecting and Serving the Community
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**What's on My Mind...**

...is the high priority we place on brain science research and discovery, its role in mental health, and the simple ways we can influence positive perceptions indicative of the excellent level of care our community expects from University of Maryland Medicine.

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**DEAN'S MESSAGE**

As the summer comes to an end, I hope we've all enjoyed the slower pace for a chance to rest and recharge before the beginning of another productive academic year. Unfortunately, not everyone has an equal opportunity to restore their emotional, psychological, and social well-being, particularly those battling medical conditions. Recognizing the significance of mental health, and that the brain is the most complex organ in the human body, the School of Medicine has made brain science research and discovery a major priority.

Vision 2020, launched in 2013, established a number of new research programs and initiatives, including the Brain Science Research Consortium Unit (BSRCU). The BSRCU brings together brain science experts in basic, translational and clinical research, all with a common goal of understanding disorders originating from the brain’s dysfunctions – from addiction and psychiatric disorders to neurodegenerative diseases. The BSRCU hosted a retreat at the end of July to discuss our efforts in addressing opioid use disorder. The School of Medicine maintains unique talents, skills, and a research continuum which lends itself to contributing to this epidemic’s solutions, from prevention to treatment science.

Opioid addiction is a major public health concern, but studying how the brain matures could contribute to preventing the disease. Some of our researchers will participate in the Adolescent Brain Cognitive Development study with the National Institutes of Health – the largest long-term study of brain development and child health in the United States. Clinically, the Department of Psychiatry launched several new community outreach initiatives over the past year, from two new psychiatric adult inpatient units at the Medical Center’s Midtown Campus to the Department’s new Tellemental Health Division. I am confident our research and clinical teams will make great progress in advancing the level of mental health care through these initiatives in the coming years.

Aside from these collaborative team efforts, we can also take individual steps to make a positive psychological impact on those around us. One of our top priorities includes the delivery of compassionate, patient-centered care. This begins with our department when meeting with patients. Patients and their families see our external presentation before they become exposed to our intellect. Recent studies have reaffirmed that most patients prefer to see their physicians in formal attire with a white coat. The white coat conveys a message of competence, confidence, and to some extent consolation. Therefore, the dress code we choose goes a long way to ensure patient satisfaction and confidence in the service we provide. To that effect, Dr. Mohan Suntha and I distributed a joint letter to all School of Medicine clinical faculty members, residents, fellows, and students communicating our plan requiring all of us to wear white coats in all clinical settings, effective September 1. In addition to creating a positive impression on those we serve and with whom we interact, proper deportment also supports a more favorable perception of ourselves. When we dress our best, we are more likely to perform our best.

Our School of Medicine community is fortunate to enjoy these collaborative and independent wellness initiatives. I trust we are taking the necessary measures to maintain a favorable mental well-being, as well as influence and impact that of our colleagues, patients, and students in the most positive of ways.

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In the relentless pursuit of excellence, I am

Sincerely yours,

E. Albert Reece, MD, PhD, MBA
Executive Vice President for Medical Affairs, UM Baltimore
John Z. and Akiko K. Bowers Distinguished Professor and Dean, University of Maryland School of Medicine

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A Third Century Where Discovery Transforms Medicine
185 W. Baltimore Street • Baltimore, MD 21201
In her role as Vice Chair for Clinical Services, Dr. RachBeisel and her colleagues have taken major steps in recent months to accomplish just that, launching not one but four dynamic programs designed to meet patient needs in the areas of addiction response, inpatient acute care, women’s mental health, and telemental health.

“With each of these initiatives, we’ve intentionally tried to embed ourselves in places and programs where we know these individuals are who need care,” she notes.

Opioid Addiction Response

The current heroin and opioid addiction crisis ravaging communities across the country has in many ways hit Maryland the hardest. The number of opioid-related deaths in the state increased by 8 percent between 2016 and 2017, topping 2,000 by the end of last year. What’s more, Maryland has the nation’s highest rate of hospitalizations for opioid use, according to newly released federal data, with tens of thousands of people admitted to hospitals or visiting emergency rooms each year suffering from opioid withdrawal, overdose or complications.

In partnership with The University of Maryland Medical System, the Department of Psychiatry’s Division of Addiction Research and Treatment (DART) under the direction of Eric Weintraub, MD, has been instrumental in creating new initiatives to address Opioid Use Disorders (OUD) treatment and prevention. In particular, DART recently added a Maryland SBIRT (Screening, Brief Intervention, Referral, and Treatment) site within the University of Maryland Medical Center’s Emergency Departments at both Midtown and University campuses. Initially funded by the State of Maryland, the SBIRT site provides onsite peer recovery coaches who screen ED patients for substance use disorders. If patients test positive, they are referred to an SBIRT peer specialist counselor who is trained to do a more thorough assessment of the patient’s substance disorder, provide education about treatment, and offer connections to care. “The goal is to get these individuals connected to the most appropriate care right away,” says Dr. RachBeisel.

Midtown Renovation

With the creation of a newly established Division and service line led by Stephanie Knight, MD, Assistant Professor of Psychiatry, the Department
has assumed management of all behavioral health and inpatient programs at the University of Maryland Medical Center Midtown Campus. As Chief of Psychiatry — Midtown, Dr. Knight is overseeing a $9 million project to create two new state-of-the-art adult psychiatric units with single room occupancy — one a general acute psychiatric adult unit and the second a dual diagnosis unit for patients with severe mental illness and substance abuse problems. With the number of beds expanding from 28 to 37, partial adult services will be transferred from UMMC to Midtown. Additionally, Midtown Consultation-Liaison, inpatient, and emergency psychiatry medicine are collaborating to offer psychiatric emergency services. “This effort is all about integrating services on the two campuses,” notes Dr. RachBeisel. “Behavioral Health is leading the charge in that regard.”

Women’s Mental Health Program

Today, while 1 in 5 women will be affected by significant depression or anxiety before, during, or after their pregnancy, only 10% will seek out and receive proper treatment, further prolonging both the rise and duration of mental health disorders. According to Dr. RachBeisel, the female population is in specific need of personalized mental health care during critical life phases, such as pregnancy and menopause — times when significant hormonal, physical, and mental changes occur within the body. “There’s a huge need for specialized consultations, treatment, and access to services for women,” she says. “And it’s not just women’s mental health, but more to address the larger lifecycle from pregnancy and postpartum issues to menopause.”

In response, the Department of Psychiatry, under the direction of Dr. Patricia Widra launched the Women’s Mental Health Program in 2016. This collaborative initiative involves the Department’s Divisions of Addictions Research and Treatment, Child and Adolescent, Community, and Consultation-Liaison, as well as faculty from the Departments of Medicine, OB/GYN, and Pediatrics.

The program aims to provide top-tier care to patients by bringing together leading physicians and counselors to staff four successful satellite practices are currently in operation. “We’ve located our program specialists in areas where we know that there’s a high occurrence of mental health issues, such as the Penn Street Clinic, which is run by the Department of Obstetrics, Gynecology, and Reproductive Sciences that primarily treats young disadvantaged pregnant women,” says Dr. RachBeisel. “Within that population, there’s a very high rate of depression, anxiety, and addiction.”

Specialized program services include treating and managing:
• Mood and anxiety disorders in pregnancy and postpartum
• Premenstrual dysphoric disorder or menopausal symptoms
• Mood disorders related to infertility or breast and gynecologic cancers
• Substance use disorders during pregnancy
• Impaired parent/child relationships

The Women’s Mental Health Program also offers educational resources to patients — including pre-pregnancy consultation, medication consultation and management, and support groups — as well as training to other mental health providers.

Telemental Health Program

Remote communities throughout Maryland are facing a growing problem — too few local psychiatrists to meet an increased demand for specialty mental health care in their areas.

In response, the Department of Psychiatry has established a new Program of Telemental Health under the leadership of David Pruitt, MD, Professor of Psychiatry and Division Director of Child and Adolescent Psychiatry. While the department has engaged in telemmedicine (video conferencing services) for a number of years, creation of the new Program marks a new level of commitment to and leadership in this technology. “The way of our future is telepsychiatry. If there’s any specialty that can do telework effectively, it’s us,” states Dr. RachBeisel. “Right now, we’re the leaders in tele-psychiatry in Maryland.”

The Program has been rapidly expanding since its inception and has entered into agreements with Caroline, Garrett, and Worcester counties to provide adult services. In addition, the Program is addressing the opioid crisis by expanding delivery of Suboxone to those in need of Medication Assisted Treatments (MAT) in rural counties. Since its initiation, Dr. Weintraub has expanded this tele-MAT program from four clinical hours per week at one site to 14-16 hours per week in three different sites, each located in three different rural counties — Wells House Treatment Center in Washington County, the Garrett County Health Department, and the Caroline County Health Department. “All of our programs are efforts to reach out and support the needs of our surrounding community in Baltimore,” affirms Dr. RachBeisel. “As always, we go where our patients are.”
It is the largest study of its kind ever done, a unique effort to better understand brain development. When it is finished in 2025, researchers will know much more about how the brain transforms itself during adolescence, and how drugs, the environment, genes, screen time, and other factors affect how our brains grow and change. The study has already begun and will look at about 10,000 children starting at the age of nine or ten. Researchers will follow them into early adulthood, taking regular brain scans and collecting a wealth of data about their lives. The study, which is funded by the National Institutes of Health (NIH) and several other institutions and has 21 research sites across the country, will include a wide range of children from all backgrounds.

Linda Chang, MD, MS, Professor of Diagnostic Radiology and Nuclear Medicine
The study will recruit 11,900 healthy children aged nine to ten across the country, with the goal of retaining 10,000 into early adulthood. Researchers will use advanced brain imaging to observe brain growth and will analyze how biology and environment interact and relate to physical and mental health and achievement, including academic success.

During adolescence, the brain develops enormously. Over these years, youths are exposed to a wide range of experiences. Scientists do not fully understand how experience interacts with biology to affect brain development, as well as social and behavioral health outcomes. The ABCD study will yield crucial insights into all of these puzzle pieces that fit together to shape individuals.

Dr. Chang is new to UMSOM. In 2017, she was hired from the University of Hawaii, where she was a professor of medicine at the John A. Burns School of Medicine in Honolulu, as well as director of the school’s Neuroscience and Magnetic Resonance Research Program. After graduating with an MD from Georgetown University, she worked at the UCLA School of Medicine. Dr. Chang has done research on a range of topics, including how methamphetamine and other drugs affect the brain and cognition, the neurological effects of HIV/AIDS, and how the aging affects the brain. Over her career, she has authored or co-authored 200 peer-reviewed papers and has written nearly 30 book chapters and monographs. She has also delivered 175 lectures, grand rounds, workshops, and symposia.

NIH has already released a large dataset from the study so that scientists can begin to examine it closely. An enormous trove of data from the first 4,500 participants will be available to scientists worldwide to conduct research on factors that influence brain, cognitive, social, and emotional development.
Six Siblings Studying in Medical School

Each year, the University of Maryland School of Medicine (UMSOM) admits an elite group of talented individuals from all segments of society. UMSOM medical students are mothers, teachers, athletes, and occasionally the first in their family to attend college. In 2016, pairs of siblings from three separate families were enrolled in medical school at the UMSOM at the same time.

Daniel Leydorf, MD, and Minna Leydorf, MD, a brother and sister from Annapolis, graduated from UMSOM in May. Three years apart in age, they were roommates all through medical school. “It’s hard to describe how rigorous medical school is,” Daniel said. “It was refreshing to come home to the same roots I had been raised with. Minna was a tangible reminder of life off the academic plane.”

For many students, the pressures and demands of medical training can quickly become onerous, so the Leydorfs are thankful that they weathered this experience together. “The past four years have been challenging in ways I never expected, but to have my brother as a built-in support system has been a blessing in countless ways,” said Minna. In March, Daniel matched in general surgery at the Anne Arundel Medical Center for his residency, while Minna matched with the University of Maryland Medical Center in pediatrics. “I am proud of Daniel and excited about our futures in medicine,” Minna said. “We’ve both grown immensely, and I believe for the better.”

Although they previously did not have any medical doctors in their family, Kaylie and Michael Miller loved math and science from a very young age. The brother and sister grew up in Frederick County, Maryland, and their early exposure to the STEM fields sparked the fire in their aspirations that ultimately burned a path all the way to medical school. “The combination of curiosity to better understand how the body works, with personal experiences, cultivated my desire to pursue a career in medicine,” said Michael. The Millers started their medical journey in 2015. Similar to the Leydorfs, Michael and Kaylie share the same sentiment about having a sibling as a fellow colleague in medical school: “It’s nice to have a support network in Michael,” Kaylie said. “I’m grateful to have an extremely helpful and super knowledgeable person by my side.”

The Millers will likely end up practicing medicine in different subspecialties. Michael is interested in sepsis and the roll for palliative care in critical care-level settings, while Kaylie is interested in hematology and substance abuse. Interestingly, their older sister Claire is in medical school in New York, and is planning on a career in general surgery after graduation, also in 2019!

A passion for patient care runs in the family of Daniel and Benjamin Gutierrez, twins from Bethesda, Maryland. The boys grew up in a household of scientists; their mother was a vaccines reviewer, while their father was a researcher of in vitro diagnostics. “There was very little separation between work and home,” said Daniel. “From diabetes to health care, dinner in our house was filled with conversations about a wide variety of health topics.”

While applying to medical school, Daniel and Benjamin spent two years conducting research at the National Institutes of Health, working in a functional magnetic imaging lab and bacterial genetics lab, respectively. “It was not our intention to enroll in the same program, but Maryland happened to offer what we both were looking for in a medical school,” said Benjamin. Both siblings will start their clinical rotations this fall, and though they are both undecided about their specialties for residency, they are eager to begin the next chapter of medical training. “We both expect to learn a lot about our interests and where our strengths lie next year during third-year rotations,” said Daniel.
Celebrates Graduation

Baltimore City Youth Learn About Health and Science

2018 marked the 11th year that the University of Maryland School of Medicine (UMSOM) hosted its annual Mini-Med School for Kids program. Offered as a public service, the UMSOM Mini-Med School program provides tuition-free classes designed to help Baltimore residents learn how to improve their health and wellbeing. The concept of the mini-medical school was pioneered by the National Institutes of Health—a community outreach project designed to educate participants on today’s healthcare issues, thus enhancing the community’s understanding of the worlds of science and medicine. In 2008, the UMSOM, in partnership with the Salvation Army Boys and Girls Club of Franklin Square, expanded its Mini-Med School program to reach Baltimore city youth over a five-week session every summer.

This year as in the past, UMSOM physicians and researchers delivered engaging talks to students that encouraged them to consider careers in medicine and science. Prior to their graduation ceremony on August 8, students spent the summer learning about the negative health effects of smoking; asthma and allergies and their triggers; how to exercise safely; and nutrition through kid-friendly interactive classes held at the Boys and Girls Club facility in Franklin Square. This year’s faculty presenters included Laura Finkelstein, MD, FAAP, Assistant Professor of Pediatrics; Erin Hager, PhD, Associate Professor of Pediatrics; Mary Bollinger, DO, Professor of Pediatrics and University of Maryland Children’s Hospital Breathmobile Medical Director; and Roy Film, PT, MPT, DPT, OCS, FAAOMPT, Assistant Professor of Physical Therapy and Rehabilitation Science.

The 2018 program concluded with a class on vaccinations taught by two medical residents, Astrid Jules, MD, and Chelsea McCabe, MD, both from Department of Family and Community Medicine. In addition, Mehran Merhab, MBBS, MPH, an UMSOM MPH alumna, encouraged the graduates to become public health advocates in their own communities and consider careers in health and research. These presentations concluded with a special ceremony in which each “graduate” was presented with a graduation certificate from Dean E. Albert Reece.

As he shook hands with each child, Dean Reece asked what they wanted to be when they grew up. “I see so much potential in all of you,” he said. “You all are world changers, and for that reason, you must aim high, stay focused, and reach for your goals. The possibilities are endless when you work hard and dream big!”

Mini-Med School for Kids is one of many UMSOM Mini-Med School programs, including a symposium for adult seniors who are interested in the latest advances in medicine, and the UMSOM’s first Mini-Med School program, which began in 2001. The 18th annual Mini-Med School program will begin on October 16, offering a collection of educational sessions on the topics of hypertension, exercise, nutrition, social justice, stress, and much more.
Dr. Harry Knipp, a member of the UMSOM Board of Visitors and Chair, University of Maryland Baltimore Foundation, surrounded by his large postcard collection and other historic relics at his home in Reisterstown.

IN 1831 when John Jacob Knipp, a cabinetmaker from Darmstadt, Germany, boarded a ship to come to America, he never could have imagined where his life's journey would take him. As the ship left the port, he knew little of the city where he was headed — Baltimore, Maryland. He almost surely knew nothing about the University of Maryland and its School of Medicine, which had been in existence for only 25 years at the time. But, perhaps the furthest thing from his mind was that he was about to put in motion an amazing family legacy — five generations of Knipp physicians, all graduates of the University of Maryland School of Medicine, beginning with his grandson, Harry E., in the UMSOM class of 1887.

Now, John’s great-great-great grandson, Harry C. Knipp, MD, UMSOM Class of 1976, is keeping the family legacy going stronger than ever. Not only did he and wife Nora produce son, David Knipp, UMSOM Class of 2014, now a senior resident at Massachusetts General Hospital in Boston, but he has become a family historian of sorts, preserving as much about the Knipps, the City of Baltimore and the UMSOM that can fit in four large bins neatly arranged in a closet in his Reisterstown home.

His collection of more than 5,000 original postcards includes historic images of the founding University of Maryland campus in Baltimore to early images of the hospital and vintage photos of other historic buildings in Baltimore, to cards featuring various roadside attractions from every road trip the family took over the years. In all, it is a symbolic living history of this humble, hard-working, and successful family in America, and to the institutions that were an integral part of its lives over nearly two centuries.

“IT STARTED THE POSTCARD COLLECTION AS JUST A WAY TO REMEMBER PLACES THAT WERE PARTICULARLY SPECIAL TO OUR FAMILY,” Harry said. “IT JUST GROWTH FROM THERE. IT IS TRUALLY A TIME CAPSULE OF EVERYTHING THAT HAS BEEN A PART OF OUR LIVES AND OUR ANCESTORS’ LIVES OVER MANY YEARS — BALTIMORE, ROUTE 40, DEEP CREEK (WHERE THEY VACATION), THE UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE, AND EVERYTHING IN BETWEEN!”

The cards include rare images of Davidge Hall, and the UMB campus.

THE POINT OF PRIDE: UMSOM CLASS OF 1887

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