

VOX *vitae*

THE VOICE OF LIFE

ISSUE 3, SPRING 2015

Department of Psychiatry, University of Maryland School of Medicine

Greetings from the Chair



Dear Colleagues:

First, I must take the time out to say – what a relief it is that spring has arrived and, with it, the promise of much warmer weather.

As we welcome spring, we also welcome the further development of multiple initiatives, including the Clinical Neurobehavioral Center (CNC); Center for Translational Research on Adversity, Neurodevelopment and Substance abuse (C-TRANS); and the Maryland Center of Excellence on Problem Gambling. I would like to extend my deepest gratitude to Drs. David Gorelick and Eric Weintraub for helping to lead the CNC; Dr. Diana (Denni) Fishbein of C-TRANS; and Drs. Loreen Rugle and Christopher Welsh, and Robert White of the Maryland Center of Excellence on Problem Gambling. In addition, many thanks to the faculty and staff who assist with the research, clinical and administrative efforts of these centers.

I would further like to acknowledge the many efforts of the Department in promoting diversity and education. The

“...it is important to take a step back to review all that has been accomplished.”

23rd Annual Dana African American Lecture, featuring Dr. Ezra Griffith of the Department of Psychiatry, Yale University, proved to be a super event with a high turnout among faculty, residents and staff. Thank you to all who attended.

Finally, I encourage you all to take a look at the various Department accomplishments featured at the end of this issue. As deadlines continue to build, it is important to take a step back to review all that has been accomplished. Please continue to submit your various endeavors, as they have been a pleasure to read.

Until then, I remain,

With Very Best Wishes,

**Bankole A. Johnson, DSc, MD,
MBChB, MPhil, FRCPsych, DFAPA**
*The Dr. Irving J. Taylor Professor and Chair,
Department of Psychiatry; Director, Brain
Science Research Consortium Unit (BSRCU)*

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The Clinical Neurobehavioral Center: Continued Collaborations

Following the September 2014 formal opening ceremony, the Clinical Neurobehavioral Center (CNC); Center for Translational Research on Adversity, Neurodevelopment and Substance abuse (C-TRANS); and the Maryland Center of Excellence on Problem Gambling have been making ambitious headway in continued collaborations.

CNC



Left to right: Dr. Bankole Johnson, Director; Dr. Eric Weintraub, Medical Director; Dr. David Gorelick, Scientific Director

Bankole Johnson, DSc, MD, MBChB, MPhil, FRCPsych, DFAPA, serves as the CNC Director, and additional leadership includes Eric Weintraub, MD, as Medical Director and David A. Gorelick, MD, PhD, as Scientific Director. Staff includes Sujey Velasquez, MD, Research Specialist; Olusegun Adelaja, MBChB, Research Specialist; Esther Makanjuola, CRN, Healthcare Provider; and Maria Johnson, DMD, Research Manager.

C-TRANS



Left to right: Dr. Diana (Denni) Fishbein, Director; Dr. Emma Rose, Assistant Professor and neuroscientist

C-TRANS is directed by Diana (Denni) H. Fishbein, PhD, a leading expert in the behavioral and developmental neuroscience of risk behaviors. C-TRANS focuses on three overall research domains: (1) the psychosocial and physical environmental influences on neurodevelopment in children and adolescents; (2) the neurodevelopmental precursors and consequences

of drug use through adolescence; and (3) the mechanisms of behavioral change in response to intervention. Center scientists and collaborators will also be expanding their investigations to include genetic and epigenetic factors.

Current research projects include a longitudinal study of the neurodevelopmental precursors and consequences of marijuana use and the role of sleep disorders. Another study focuses on the propensity to misuse alcohol in adolescents, based on neurobiological functioning and interactions between genetic markers and adverse experiences. And, a third identifies the neurocognitive mechanisms of behavioral change in response to an evidence-based intervention in early childhood.

“

The University of Maryland School of Medicine has the natural infrastructure for a community of scientists and clinicians that can uniquely apply capabilities to translational research and practice. – Dr. Fishbein

”

Importantly, C-TRANS also aims to transfer knowledge from the basic sciences to practices and policies that will improve child development, family functioning and community scaffolding to leave

a significant and lasting impact. To translate the research to practice/policy, Dr. Fishbein directs the National Prevention Science Coalition to Improve Lives (NPSC: www.npscoalition.org), comprised of scientists, clinicians, educators, community representatives, foundations and other experts.

“The University of Maryland School of Medicine has the natural infrastructure for a community of


scientists and clinicians that can uniquely apply capabilities to translational research and practice,” said Dr. Fishbein. “Our short-term goals are to connect with potential collaborators across the School of Medicine, whose work and capabilities can inform our translational research and agenda, as well as to work on a local and national level to disseminate reliable scientific findings for the implementation of evidence-based interventions.”

The Maryland Center of Excellence on Problem Gambling

The Maryland Center of Excellence on Problem Gambling stands as the third center, and is led by Christopher Welsh, MD, as Medical Director; Robert White, LCPC, as Director; Lori Rugle, PhD, NCGC II, as Program Director; and other crucial individuals.

This center aims to bridge the gap between Maryland citizens with gambling problems, which is proving to be increasingly essential. Helplines, the education of addiction and mental health counselors, and prevention efforts through policy development and research are key in addressing the impact of gambling and treating gambling addictions. Under the direction of Kate Tracy, PhD, and Patrick McArdle, PhD, of the Department of Epidemiology, the center will study the impact of gambling in Maryland and provide critical information to policy makers.

Public awareness is further crucial to the goals of the gambling center, which has implemented and coordinated website campaigns, conferences and fair exhibits, and youth programs piloted in Baltimore City schools. The center’s recent documentary, produced by MedSchool Maryland Productions and also aired by Maryland Public Television (MPT), *Understanding Joy: The Devastation of a Gambling Addiction*, aimed to increase awareness of gambling through personal, real-life struggles.

“The Center of Excellence on Problem Gambling, with the resources of the School of Medicine, CNC and C-TRANS, is well poised to develop and disseminate the most current evidence-based services to address addictions as a whole,” summed up White, “and to provide information for individuals and communities to make the best informed choices regarding their opportunities.” 

Left to right: Lori Rugle, PhD, NCGC-II, Program Director; Donna Gaspar, Program Administrator; Robert White, LCPC, Director, Behavioral Health; Carl Robertson, MRE, MDiv, Prevention Manager; Jeffrey Beck, LPC, CCGC, JD, ABD, Clinical Director; Michael H. Rosen, MSW, LGSW, NCGC I, Network Development and Helpline Coordinator; Eugenia W. Conolly, Director, Statewide Projects Office, Division Population Based Public Health, Maryland Behavioral Health Administration; and Michael Hundt, Executive Director.



23rd Annual Dana African American Lecture: Ezra Griffith, MD

In honor of Martin Luther King, Jr., the Department of Psychiatry, University of Maryland School of Medicine hosted its 23rd Annual Dana African American Lecture on January 15, 2015.

Ezra Griffith, MD, Professor of Psychiatry and African-American Studies, Emeritus in the Yale School of Medicine, where he is also Deputy Chairman for Diversity and Organizational Ethics, and Senior Research Scientist in the Department of Psychiatry.

The featured speaker was Ezra Griffith, MD, Professor of Psychiatry and African-American Studies, Emeritus in the Yale School of Medicine, where he is also Deputy Chairman for Diversity and Organizational Ethics, and Senior Research Scientist in the Department of Psychiatry. He has held significant senior administrative leadership roles throughout his career, and currently serves as the Medical Director for the Connecticut Department of Mental Health and Addiction Services.

During the lecture, Dr. Griffith presented “Personal Storytelling and the Metaphor of Belonging,” and spoke on the challenges of maintaining diverse cultures and cultivating a sense of belonging in various settings, particularly within the healthcare context. He addressed that many leaders are so over consumed with their own work, and they are unable to venture beyond much else. Therefore, a diverse,

welcoming culture often falls by the wayside. To counter this, Dr. Griffith encourages leaders to spend time outside of their day-to-day activities to mentor non-dominant groups to help them flourish.

Dr. Griffith has written close to 130 articles and book chapters, many of which are within the sub-disciplines of forensic and cultural psychiatry. He has concentrated on narrative ethics as a point of reference for forensic practitioners as well as on performance narrative in forensic writing. He has written several books, including *Race and Excellence: My Dialogue with Chester Pierce*.

Dr. Griffith encourages leaders to spend time outside of their day-to-day activities to mentor non-dominant groups to help them flourish.

A sampling of his prestigious awards and honors includes the Isaac Ray Award by the American Psychiatric Association, and the Golden Apple Award (2011) and the Seymour Pollack Award (2005) by the American Academy of Psychiatry and the Law.

**Interested in a particular topic?
Want to nominate a faculty member
for a spotlight?**

Please email Managing Editor Lisa Cleary at lcleary@psych.umaryland.edu with suggestions.

Mini-Med School Teaches the Baltimore Community About Research in Addictions

By Shweta Das, graduate student for the Center for Biomedical Engineering and Technology

Mini-Med School is an annual 5-week program hosted by the University of Maryland School of Medicine that provides a series of classes open to the Baltimore area public. The free lectures are taught by faculty physicians, who focus on topics and healthcare issues that are important to many, such as diabetes, heart health and even childhood vaccinations.

Participants attending the sessions, which began on September 10, 2014, do not need a medical background. Each two-hour weekly session includes dinner and features medical school-level health lessons, which are delivered in lay speak, and are split between two different physicians per session.

On September 24, marking midway of the 14th Annual Mini-Med School, students had two very exceptional lecturers. During the first hour, attendees learned about arthritis, knee and hip surgery from Department of Orthopedics Assistant Professor Farshad Adib, MD.

During the second hour, nationally renowned researcher, The Dr. Irving J. Taylor Professor and Chair of the Department of Psychiatry, Bankole A. Johnson, DSc, MD, MBChB, MPhil, FRCPsych, DFAFA, taught about the genetics behind addictions.


During the interactive lesson, most voiced their thoughts that alcoholism was brought about by someone's personality, rather than by their genetic history. As Professor Johnson explained, however, addiction and alcoholism can be associated with the roles of serotonin in the brain and other genetic factors. The group learned more about how and

why alcoholism can occur in relation to a person's genetic history, and of the studies being done to develop a way to better understand the genetic aspect of alcoholism.

Kathleen Jackson, a Baltimore area resident, brought her daughter Abigail and her friend to the night's lesson. A past attendee, Ms. Jackson returned this year to learn more about the interesting topics scheduled.

"It is fascinating to know what's on the horizon and to know there is treatment available for situations like this," she said.

By the end of the night, the audience was informed of the real possibilities of medications for conditions that affect millions, such as orthopedic conditions as well as addictions.

The Mini-Med School is an opportunity for the school to give back and become better acquainted with the surrounding Baltimore community. Faculty and area residents get to build personal relationships at these workshops. The event also gives the public a chance to learn more about medicine, while feeling involved with the research and advances that are happening within the medical school in their home city. 

To contact Shweta, please email her at Shweta.das@umaryland.edu.

Take Note!

Department Accomplishments

Awards



William T. Carpenter, MD, Professor and former Director, Maryland Psychiatric Research Center (MPRC), received the Gerald E. Hogarty Excellence in Schizophrenia Research Memorial

Award, and presented the Award Lecture on eight paradigms for therapeutic discovery at the 31st Annual Pittsburgh Schizophrenia Conference. Robert W. Buchanan, MD, Interim Director of MPRC, is a previous winner of the Hogarty Award.

Josh Chiappelli, MD, Academic Fellow, MPRC (not pictured), has been selected for a Young Investigator Travel Award for the 2015 meeting of the International Congress on Schizophrenia Research.

Grants



Deanna Kelly, PharmD, BCPP, Professor, MPRC, was awarded the R56 Bridge Award, an R01 grant, for “Microsystem Development for Clozapine Monitoring in Schizophrenia.” Dr. Kelly serves as

PI, and will be working with investigators to develop lab-on-a-chip sensor technology to monitor clozapine blood levels in real-time, freeing patients from traditional blood draws or standard laboratory assays.



Peter Kochunov, PhD, Associate Professor (above, left), Laura Rowland, PhD, Associate Professor (above, middle), and Andrea Wijtenburg, PhD,

Instructor (not pictured), MPRC; and Stephen Thom, MD, PhD, Professor, Department of Emergency Medicine (above, right); have been awarded a \$200,000 grant, titled “Neurological Decompression,” to work with Department of Defense Air Force Investigators, Stephen McGuire, MD, and Paul Sherman, MD. Together, the team will research the neurological effects of subcortical white matter injuries and the association of increased risk of neurological depression sickness in U2 (noncommercial) pilots.

Media Mentions



Teodor Postolache, MD, Professor, was recently quoted by *The Washington Post* in the article, “When winter brings the blues: How to treat seasonal affective disorder, or SAD.”

Presentations

William T. Carpenter, MD (previously pictured), gave an invited presentation on December 12, 2014, on informed consent and related issues to the President’s National Commission on Bioethics. The Commission is charged with addressing issues in the new era of neuroethics.



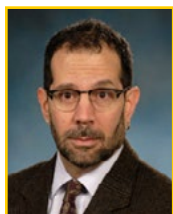
Amy Drapalski, PhD, Clinical Assistant Professor (above, left), Alicia Lucksted, PhD, Associate Professor (above, middle), and Anjana Muralidharan, PhD, Post-Doctoral Fellow (above, right), VA VISN 5 MIRECC, presented the symposium, “Ending Self-Stigma: A Skill Building

Approach to Reducing the Impact of Self-Stigma,” at the 7th International Conference Together Against Stigma: Empowering Community Mental Health through Research, Practice, Policy and Advocacy, at San Francisco, California in February 2015.

Publications

Josh Chiappelli, MD, and colleagues of the MPRC Neuroimaging Research Program (NRP) have a manuscript in press: Chiappelli J, Rowland LM, Wijtenburg SA, Muellerklein F, Tagamets M, McMahon RP, Gaston F, Kochunov P, Hong LE. Evaluation of myo-Inositol as a Potential Biomarker for Depression in Schizophrenia. *Neuropsychopharmacology*. 2015.

Richard W. Goldberg, PhD, Professor, VA VISN 5 MIRECC, co-authored an article, “Strategies, barriers, and motivation for weight loss among veterans living with schizophrenia,” in *Psychiatric Rehabilitation Journal*, December 2014 edition.



Howard H. Goldman, MD, PhD, Professor, co-authored an article, “State Partnerships for First-Episode Psychosis Services,” in *Psychiatric Services*, online edition in January 2015; “Portraying mental illness and drug addiction as treatable health conditions: effects of a randomized experiment on stigma and discrimination,” in *Social Science and Medicine*, February 2015; and “A Tale of Two States: Do Consumers See Mental Health Insurance Parity When Shopping on State Exchanges?” in *Psychiatric Services*, online edition in March 2015.



Howard H. Goldman, MD, PhD (previously pictured), **Melanie Bennett, PhD, Associate Professor** (above, left), **Robert W. Buchanan, MD, Professor** (above, middle), and **Julie Kreyenbuhl, PharmD, PhD, Associate Professor** (above, right), all from the Department of Psychiatry and VA VISN 5 MIRECC, co-authored an article, “Practical Monitoring of Treatment Fidelity: Examples From a Team-Based Intervention for People With Early Psychosis,” in *Psychiatric Services*, online edition in January 2015.

Howard H. Goldman, MD, PhD (previously pictured), **Melanie Bennett, PhD** (previously pictured), and co-authors published an article, “Implementing Coordinated Specialty Care for Early Psychosis: The RAISE Connection Program,” in *Psychiatric Services*, online edition in March 2015.



Seth Himelhoch, MD, MPH, Associate Professor, VA VISN 5 MIRECC, co-authored an article, “Trauma history in African-American women living with HIV: effects on psychiatric symptom severity and religious coping,” in *AIDS Care*, March 2015 edition.



Seth Himelhoch, MD, MPH (previously pictured), **Deborah Medoff, PhD, Associate Professor** (left), **Julie Kreyenbuhl, PharmD, PhD** (previously pictured), VA VISN 5 MIRECC; **Christopher Welsh, MD, Center on Problem Gambling** (above, right); and co-authors published an article, “Twelve-Month Prevalence of DSM-5 Gambling Disorder

and Associated Gambling Behaviors Among Those Receiving Methadone Maintenance,” in the *Journal of Gambling Studies*, online edition in March 2015.



Peter Kochunov, PhD (*previously pictured*), **Elliot Hong, MD** (*above, left*), **Susan Wright, PhD, Academic Fellow** (*above, middle*), and **Binish Patel, BS** (*above, right*), MPRC, were part of an inter-consortia paper that was accepted this period: **Kochunov P, et al.** Heritability of Fractional Anisotropy in Human White Matter: A Comparison of Human Connectome Project and ENIGMA-DTI Data. *Neuroimage*. 2015 Mar 3. pii: S10538119(15)00151-2. doi: 10.1016/j.neuroimage.2015.02.050. [Epub ahead of print]



Julie Kreyenbuhl, PharmD, PhD (*previously pictured*), **Deborah Medoff, PhD** (*previously pictured*), and **Clayton H. Brown, PhD, Associate Professor, Department of Epidemiology and Preventive Medicine and VISN 5 MIRECC** (*left*), co-authored an article, “Factors associated with shared decision-making preferences among veterans with serious mental illness,” in *Psychiatric Services*, December 2014 edition, as well as “Consumer Satisfaction With Psychiatric Services: The Role of Shared Decision Making and the Therapeutic Relationship,” in *Psychiatric Rehabilitation Journal*, online edition in February 2015.

Alicia Lucksted, PhD (*previously pictured*), and **Deborah Medoff, PhD** (*previously pictured*), VA VISN 5 MIRECC, co-authored an article, “Stigma: a Unique Source of Distress for Family Members of Individuals with Mental Illness,” in the *Journal of Behavioral Health Services Research*, online edition in August 2014, as well as “Race-related differences in the experiences of family members

of persons with mental illness participating in the NAMI Family to Family Education Program,” in the *American Journal of Community Psychology*, December 2014 edition.

Alicia Lucksted, PhD (*previously pictured*), and **Amy Drapalski, PhD** (*previously pictured*), co-authored an article, “Interventions Targeting Mental Health Self-Stigma: A Review and Comparison,” in *Psychiatric Rehabilitation Journal*, online edition in October 2014.

The patients of **Teodor Postolache, MD** (*previously pictured*), have taught him that the biological, physical and chemical environment can have good or bad influences on the way we feel and behave. He studies how the visible and UV light, the air we breathe, the food we eat, and the perception of the natural environment with our senses all affect our brain and behavior, in addition to specifically how they can trigger or improve depression and suicide risk. His recently published papers are:

Byrne EM, Raheja UK, Stephens SH, Heath AC, Madden PA, Psychiatric Genetics Consortium Major Depressive Disorder Working Group*, Shuldiner AR, Mitchell B, **Postolache TT**. Seasonality shows evidence for polygenic architecture and genetic correlation with schizophrenia and bipolar disorder. *J Clin Psychiatry*, in press.

Cook TB, Brenner LA, Cloninger CR, Langenberg P, Igbinde A, Giegling I, Hartmann AM, Konte B, Friedl M, Brundin L, Groer MW, Can A, Rujescu D, **Postolache TT**. “Latent” infection with *Toxoplasma gondii*: Association with trait aggression and impulsivity in healthy adults. *J Psychiatr Res*. 2014 Sep 28. pii: S0022-3956(14)00286-6. doi: 10.1016/j.jpsychires.2014.09.019. [Epub ahead of print] PubMed PMID: 25306262.

Rohan KJ, Mahon JN, Evans M, Ho S, Meyerhoff J, **Postolache TT**, Vacek PM. (accepted). Randomized trial of cognitive-behavioral therapy vs. light therapy for seasonal affective disorder: Acute outcomes. *American Journal of Psychiatry*.

Uzoma HN, Reeves GM, Langenberg P, Khabazghazvini B, Balis TG, Johnson MA, Sleemi A, Scrandis DA, Zimmerman SA, Vaswani D, Nijjar GV, Cabassa J, Lapidus M, Rohan KJ, **Postolache TT**. Light treatment for seasonal winter depression in African American vs Caucasian outpatients. *World Journal of Psychiatry*, in press.

Zhang L, Evans DS, Raheja UK, Stephens SH, Stiller JW, Reeves G, Johnson M, Ryan KA, Weizel N, Vaswani D, McLain H, Shuldiner AR, Mitchell BD, Hueh Wen-Chi, Snitker S, **Postolache TT**. Morningness associated with seasonality of mood in the Old Order Amish. *J Affect Disord*, in press.



Eric Slade, PhD, Associate Professor, VA VISN 5 MIRECC (*pictured*), and **Linda Simoni-Wastilla, BS Pharm, PhD, School of Pharmacy**, published an article, “Forecasting Medicaid expenditures for antipsychotic medications,” in *Psychiatric Services*, online edition in March 2015.



James Waltz, PhD, Assistant Professor, MPRC, recently published a manuscript entitled, “Probing the dynamic updating of value in schizophrenia using a Sensory-specific Satiety Paradigm,” which is in press with *Schizophrenia Bulletin*.

Special Positions, Briefings, and Advisory Roles

Diana (Denni) Fishbein, PhD, Professor (*below, pictured on the second row, far right*), was invited to participate in the “Meeting of the Prevention Economic Planning and Research (PEPR) Network” at the White House on December 8-9, 2014, as part of a “Building the Science of Investing in Healthy Development” national initiative, headed by Duke University.

Dr. Fishbein was invited to represent her translational research on elucidating the neurodevelopmental effects of adversity in high poverty neighborhoods and the potential to reverse the damage with targeted evidence-based interventions. Dr. Fishbein is Director of the Center for Translational Research on Adversity, Neurodevelopment and Substance abuse (C-TRANS) at the University of Maryland School of Medicine, as well as Director of the National Prevention Science Coalition to Improve Lives.



Bankole Johnson, DSc, MD, MBChB, MPhil, FRCPsych, DFAPA, The Dr. Irving J. Taylor Professor and Chair (*above, pictured second from the left*), was appointed as a member of the Heroin and Opioid Emergency Task Force by Governor Larry Hogan and Lieutenant Governor Boyd Rutherford. The team is comprised of law enforcement, elected officials and substance abuse experts, and will meet regularly to address Maryland’s growing heroin and opioid crisis.

Photo reprinted from <http://governor.maryland.gov/2015/02/24/governor-hogan-lt-governor-rutherford-establish-maryland-heroin-and-opioid-task-force-and-coordinating-council/>. For more information, please visit the same link.



Save the Dates

June 3, 2015

Telemental Health Conference
11:00 am – 1:30 pm, Westminster Hall
Speaker: Peter Yellowlees, MD,
Professor of Clinical Psychiatry at the
University of California, Davis.

Learn about future directions in Telemental Health, innovations in Telemental Health technology and service delivery, and new Telemental Health initiatives at UMB.

To register, email Lorraine Bernstein at lbernste@psych.umaryland.edu by May 27.

June 4, 2015

17th Annual Rachel Gundry
Visiting Professor

An innovative teaching experience with medical students, house-staff and faculty. A generous bequest from Dr. Gundry will honor prominent women in mental health, enabling them to come to the University of Maryland to enrich teaching programs.

July 10-11, 2015

The 29th National Conference on
Problem Gambling

Located at the Hilton Baltimore Inner Harbor, and hosted by the Maryland Council on Problem Gambling and the Maryland Center of Excellence on Problem Gambling.

For more information, visit <http://www.ncpgambling.org/training-certification/national-conference/>.

Submissions? Questions? Comments?
Please send them our way!

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Managing Editor: Lisa Cleary, MS;
lcleary@psych.umaryland.edu

Consulting Editor: Vertell Porter-Brown;
vporter@psych.umaryland.edu

Associate Editor: Annabelle (Mimi) M. Belcher, PhD; abelcher@psych.umaryland.edu