



University of Michigan
Health System

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UNIVERSITY
OF MICHIGAN

DEPARTMENT OF PSYCHIATRY

FALL 2010

A MESSAGE FROM THE CHAIR



Dr. Gregory Dalack

It is my privilege and pleasure to greet you as the new Chair of the Department of Psychiatry and to welcome you to the inaugural issue of our annual newsletter.

Psychiatry has such a rich history at the University of Michigan. Established in 1906 under Dr. Albert Barrett, ours was the first dedicated department of psychiatry within an academic medical center. From that day to this, Michigan has been a national leader in psychiatric research, treatment and education.

This newsletter will update you on some exciting initiatives that demonstrate that leadership –

initiatives that rely on the continued support of those with a connection to our vision and our work, including patients and families, faculty and alumni.

In treatment and clinical research, we are focused on gaining a better understanding of both normal and abnormal brain function, as well as the mechanisms of psychiatric illness. Our studies of the complex interactions between the biological, psychological and social risk factors for psychiatric illness are leading to the development of more effective therapeutic approaches. We are working to find better ways to pinpoint risk factors early to prevent the onset of psychiatric illness, and, when prevention is not possible, to initiate treatment early to reduce its short- and long-term impact. Achieving these goals takes teamwork. Indeed, no progress would be possible without the patients and families who partner with us in clinical research. We are profoundly grateful for their commitment to our work.

In education, Michigan continues to excel in preparing the next generation of “leaders and best” in psychiatric medicine. We are recruiting and training students in medicine, psychology, social work and nursing, preparing them for careers in mental health. We are also committed to extending our educational reach to those who will work

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MAKING A DIFFERENCE

Gift Honors Former Department Chair, Provides Conference Support



Mrs. Halina Silverman with Department Chair Gregory Dalack

The Department of Psychiatry recently received a generous gift from **Mrs. Halina W. Silverman**, wife of the late **Albert J. Silverman, M.D., C.M.**, who was Chair of the Department from 1970–1981. Mrs. Silverman's gift establishes an endowed fund at U-M to honor the legacy of Dr. Silverman's life and work.

Specifically, the fund will provide ongoing support for the annual **Albert J. Silverman Research Conference**. For the past 21 years, the Department has sponsored this conference in tribute to Dr. Silverman's leadership and vision. Each year, Psychiatry faculty and trainees have a unique opportunity to come together to attend presentations by guest lecturers and U-M faculty, and to share their own research activities during a poster reception.

It is fitting that this conference bears the name of such an accomplished and passionate leader. A native of Montreal, Canada, Dr. Silverman earned his medical degree from McGill University, and was one of the founders of the Rutgers University Medical School, serving as their first Chair of Psychiatry before coming to Michigan. Among his many achievements as Chair at U-M, Dr. Silverman revamped the curriculum for medical students to include more psychiatric training, improved the residency program, and attracted young neuroscientists to Michigan. After retiring from the faculty in 1990, he continued instructing and mentoring as Emeritus Faculty until 1997.

We are very grateful to Mrs. Silverman and to others for contributing to this new endowed fund. Thanks to their generosity, this annual research conference will continue in perpetuity.

For more information about the Silverman and Chamberlain Funds, or to provide additional support, please contact our Development Office at (734) 764-6161 or coucarr@umich.edu.

Scholarship Fund Eases Residents' Financial Burden



Dr. Kenneth Chamberlain

According to the Association of American Medical Colleges, the average debt for a graduating medical student in 2009 was \$156,000.

Clearly, financial

realities rank high among the factors affecting the recruitment of the brightest U-M Medical School graduates into our psychiatry residency program. With this in mind, the Department of Psychiatry created the **Kenneth Chamberlain Scholarship Fund** in 2008 to ensure that financial considerations do not deter an excellent student from pursuing a psychiatry residency at U-M.

This endowed scholarship fund was established in honor of **Dr. Kenneth Chamberlain** (M.D. '69, Residency '75), a beloved teacher and mentor to many who trained in our department. The fund provides financial support for current residents like Jenny Alkema (PGY-2), who notes that "by offering this scholarship, the Department shows it values residency applicants from Michigan and encourages students interested in psychiatry to strongly consider staying here for all that this great residency program has to offer."

"Donor generosity makes a huge difference by helping future psychiatry trainees at Michigan graduate with less debt," adds Department Chair Gregory Dalack, M.D. "In addition, this fund provides our department with a real advantage in recruiting top students from the U-M Medical School. We, along with our residents, are so grateful to those who support this effort."

RESEARCH BRIEFS



Sheila Marcus, M.D., Maria Muzik, M.D., and Heather Flynn, Ph.D.

A research team at the U-M Department of Psychiatry is discovering improved treatment strategies for women with psychiatric disorders during the childbearing years, with the ultimate goal of preventing the intergenerational transmission of risk. Investigators from the **Women's Mental Health Program**, under the leadership of **Drs. Heather Flynn** (Post-Doc '98) and **Sheila Marcus** (M.D. '83, Residency '91), are working with a group of several hundred women with young children, many of whom have been studied since pregnancy. Other women receive care through community based programs in underserved areas throughout Michigan through a unique program, **Mom Power**, spearheaded by **Dr. Maria Muzik** (Residency '06), who also leads the parent-infant program. These mother-infant dyads provide investigators with a better understanding of the impact of stress during pregnancy on the fetal brain and on infant development, thus accelerating the implementation of comprehensive treatments that reduce symptoms in women and promote resilience in their young children.

www.psych.med.umich.edu/wmh



Israel Liberzon, M.D.

The U-M **Trauma, Stress, and Anxiety Research Group** (TSARG) was co-founded and is co-directed by **Dr. Israel Liberzon** (Residency '92). The primary focus of the research conducted by TSARG is to better understand the role emotions, stress and stress-related disorders such as post-traumatic stress disorder (PTSD) play in the regulation and disruption of stress response systems. The program incorporates a basic science lab to conduct assays and animal studies, a genetic repository, and facilities for complex human psychophysiological and neuroendocrine studies, all integrated within the Psychiatric Affective Neuroimaging Laboratory.

TSARG pulls together a strong, multidisciplinary team of investigators including clinical scientists, affective neuroscientists, experimental psychologists, and basic science researchers. These experts collaborate to integrate functional neuroimaging, neuroendocrine and genetic approaches to study stress, emotions, cognitive-emotion interactions and the effects of these phenomena on behavior. By understanding the specific neurobiologies of psychiatric disorders, TSARG hopes to develop more effective and better targeted treatments to reduce the tremendous human burden and suffering created by stress, anxiety, and psychopathology.

www.psych.med.umich.edu/asap/tsarg.asp



Frederic Blow, Ph.D.

Frederic Blow, Ph.D. heads the **Mental Health Services Outcomes and Translation** Section. He also directs the **National Serious Mental Illness Treatment Resource and Evaluation Center**

at the U.S. Department of Veterans Affairs. Dr. Blow leads a team of faculty studying the delivery and impact of innovative healthcare services in emergency room, primary care and specialty psychiatric settings. Many of Dr. Blow's ongoing projects focus on optimizing the use of brief, focused interventions to reduce alcohol and drug use in patients seen in emergency rooms for medical problems resulting from substance use. In addition, Dr. Blow's team is working to identify the most effective implementation strategies for treating mental health disorders in military veterans.



Helen Kales, M.D.

The **Program for Positive Aging** (PPA) is a multidisciplinary research initiative at U-M led by **Dr. Helen Kales** (Residency '97, Geriatric Psychiatry Fellowship '98). PPA leverages the expertise of

faculty and staff from the Department of Psychiatry, the Geriatrics Center, and the Institute of Gerontology, along with other U-M and community collaborators to promote research, training and clinical care focused on later-life depression. New research avenues being pursued include the prevention of depression and anxiety through therapies like mindfulness and yoga, depression following retirement, the use of neuroimaging to distinguish between depression and early neurodegenerative disease (like Alzheimer's) and the links between later-life depression and dementia.

<http://programforpositiveaging.org>

FOCUS ON FACULTY

Stephan F. Taylor, M.D.



Stephan F. Taylor, M.D. (Residency '93) is a Professor in the Department of Psychiatry and co-director of the UMHS Psychiatric Neuromodulation Program. Focus on Faculty sat down with Dr. Taylor to discuss his work, the role philanthropy plays in the Department of Psychiatry, and why as an alumnus he chooses to give.

Q: Your work centers on the treatment of serious psychiatric disorders including schizophrenia. Tell us about some of your current research and clinical activities.

A: I'm fortunate to help lead U-M's Psychiatric Neuromodulation Program, which encompasses both clinical research and care. Its objective is to better integrate proven neuromodulation approaches into the treatment of patients suffering from treatment-resistant depression, bipolar disorder and other serious psychiatric conditions. These options—electroconvulsive therapy, vagus nerve stimulation and transcranial magnetic stimulation—offer real hope to patients who may have received little or no lasting benefit from medication or psychotherapy. We are also working to improve these existing treatments through research, as well as develop new ones, such as deep brain stimulation.

As co-director of the Psychiatry Affective Neuroimaging Laboratory, I'm also involved in projects that use advanced imaging techniques to better understand illnesses like schizophrenia. This is a pivotal time in the field of psychiatry, and Michigan is an exciting place to be.

Q: Does donor support have an impact on your work?

A: Definitely. Many of the initiatives underway within the department rely to some extent on philanthropic support from many sources, including grateful patients and families, and alumni who stay involved and continue to support Michigan. My lab has been very fortunate to receive approximately \$30,000 to support schizophrenia research from *Mind Over Matter* (M.O.M.), a foundation started by a local family touched by the disease. We're so grateful for donor partners like M.O.M who choose to support our work.

Q: Why do you choose to give to U-M Psychiatry?

A: My sense of belonging to the Michigan family began as a psychiatric resident here, and it's grown since joining the faculty. By giving to support scholarships and programs, I'm demonstrating my commitment to helping this community to grow and thrive.

Q: What would you say to fellow alumni of the residency program contemplating making a gift to the Department?

A: I hope that like me, other former trainees carry fond memories of learning how to become a psychiatrist at Michigan, and that they share some of the same sense of community and loyalty that drive me to support psychiatry at U-M. No matter where your career takes you, it makes sense to play a role in maintaining Michigan's stellar reputation—I look at it as an investment in my own credentials, and hopefully they feel the same way. I'd also assure them that the support of our alumni is an especially meaningful endorsement of the work that we continue to do here, and that every gift makes a real difference in our ability to positively impact the field of psychiatry.

Kudos

Judith Coucouvanis, M.A., PMHCNS-BC, a psychiatry nurse practitioner and clinical specialist in the Department of Psychiatry was recognized for authoring an insightful new parenting guide. *The Potty Journey: Guide to Toilet Training Children with Special Needs, Including Autism and Related Disorders* (Autism Asperger Publishing Company, 2008), was a gold medal winner in the 2010 National Parenting Publications Award's (NAPPA) Parenting Resources Competition.

Michelle Riba, M.D., Clinical Professor, Department of Psychiatry, Associate Chair for Integrated Medicine and Psychiatry Services and Director of the U-M Psycho-Oncology Program, received the 2010 Outstanding Clinician Award from the U-M Medical School (UMMS). Dr. Riba was one of four clinicians to be recognized for exemplary performance as a

practicing clinician or program leader of innovation in clinical care, based on faculty and staff nominations from across the UMMS.

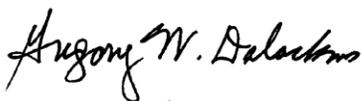
Robert Zucker, Ph.D., Professor, Department of Psychiatry and Director of the U-M Addiction Research Center and the Substance Abuse Section in the Department of Psychiatry, received the 31st annual Distinguished Researcher Award from the Research Society on Alcoholism. This award, the society's highest honor, was given to Dr. Zucker for his many research efforts studying the multi-level causes and course of alcohol and other drug use disorders, most notably the world's earliest and longest-running longitudinal study on the development of substance abuse, now over 20 years in operation.

in other medical specialties, helping professionals from every healthcare discipline to appreciate how frequently psychiatric illnesses co-occur with other conditions, and teaching them how to recognize symptoms and collaborate to meet the complex needs of patients – including their mental health needs.

We face significant challenges in this work. Ignorance and misunderstanding about mental illness persist. As mental health professionals, we must continue to advocate for fair treatment. I am proud to say that the U-M Department of Psychiatry has taken a leadership role in advancing today's healthcare reform conversation. We have been working to establish a mechanism for creating and funding a national network of centers of excellence like our own state-of-the-science Depression Center to advance awareness and treatment of mood disorders, as well as encouraging the alignment of healthcare systems to better treat *the whole patient* both physically and emotionally.

It is indeed an honor to assume the role of chair at such an exciting and pivotal point in our department's history. We have built an excellent team, a robust programmatic offering, a diverse and prolific research base and a challenging curriculum. We are truly making a *Michigan Difference* in the field of psychiatry. With your involvement, we can become stronger still. We encourage you to stay in touch, visit us when you are in Ann Arbor, and partner with us by supporting the Department.

Thank you.



Gregory Dalack, M.D.

Please share your thoughts about the information in this newsletter and what you would like to see in future issues. Email us at psychiatry@umich.edu.



Spotlight on Social Work

The social workers and nurses who conduct our group therapy sessions make an enormous contribution to both the wellbeing of patients and families and to our overall success. Here are updates on two important initiatives:

Putting DBT's tools in the right hands

Dialectical Behavior Therapy (DBT) is an evidence-based psychological treatment method that combines cognitive behavior therapy with other tools including dialectics (which uses discussion to explore and resolve issues) and mindfulness (which encourages individuals to be more aware of and present in the moment). **JoAnn Heap, L.M.S.W.**, directs the DBT program in both Adult and Adolescent Psychiatry at U-M. Since 2000, Heap and her team, including **Kathleen Diehl, L.M.S.W.**, **Jonathan Marin, L.M.S.W.**, and recently-retired **L.M.S.W. Linda Henny** have expanded access to DBT skill groups to open the door for even more patients and families to benefit from this proven approach.

U-M has been running an adult DBT skills group for a decade, but recent improvements in access have made it easier for clinicians to encourage patients to explore DBT. A parent and adolescent group meets together and as sub-groups to learn DBT skills as well. Heap has found that after parents gain firsthand experience putting DBT skills to work on their own, they gain a new appreciation for how helpful – and how challenging – the technique can be for their children.

An evidence-based approach to family-focused therapy

The options for integrating family-focused therapy into the treatment of bipolar disorder and depression at Michigan have evolved significantly over the past decade, benefiting more patients and families each year. Recently, a team led by **Laura Nitzberg, L.M.S.W.**, and child and adolescent specialist **Kathy Schoof, M.S.W.**, partnered with researchers at the U-M School of Social Work (notably **Mary Ruffolo, Ph.D.**) to gather and analyze outcome data from the Department's ongoing Family Education Workshops. The data confirm that the workshops increased participants' knowledge about the illness and the importance of medication and helped them learn coping strategies. The data were recently presented at an international conference on social work, health and mental health in Ireland, and are scheduled for publication in an upcoming issue of the journal *Psychiatric Services*.

The proven benefits of incorporating psycho-educational models like the Family Education Workshop into patients' treatment plans have led the Department to support special training for social workers, nurses and physicians on evidence-based models of family therapy. As a result, clinicians training at U-M are developing a proficiency in the integration of these models with patients and families. The next step is to incorporate a component of psycho-education into the sustained treatment efforts of all patients and their families treated at Michigan.



The Donor Wall in the lobby of the Rachel Upjohn Building recognizes donors whose lifetime giving reaches or exceeds \$10,000.

Supporting Our Mission

There are many ways that philanthropy is helping the University of Michigan maintain a position of leadership in academic psychiatry. The financial support of loyal faculty, alumni and other stakeholders makes it possible for us to offer a world-class environment for integrating the latest patient care, basic, clinical and translational research, and academic programs. Please consider recognizing and supporting the important work of the University of Michigan Department of Psychiatry with an annual gift to the Psychiatry Gift Fund. We would be most grateful for your support!

For additional information about the Department of Psychiatry or to learn about specific areas where your financial support is needed, please contact:

Courtney Metzger
Development Coordinator
 (734) 764-6161 or coucarr@umich.edu
 or visit our website at www.psych.med.umich.edu/giving

2010 DONOR HONOR ROLL

This list recognizes individuals, corporations and foundations that have made new gifts and pledges of \$100 or more to the Department of Psychiatry at the University of Michigan during fiscal year 2010, from July 1, 2009 through June 30, 2010. Our gratitude is extended to everyone who has supported the efforts of the Department of Psychiatry this year. Thank you!

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We make every effort to ensure the accuracy of our honor roll, and apologize for any errors. Please call (734) 764-6161 to notify us of any corrections.

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