



University of Michigan
Health System

DEPARTMENT OF PSYCHIATRY
F6322 MCHC

1500 E. MEDICAL CENTER DR, SPC 5295
ANN ARBOR, MI 48109-5295

UNIVERSITY
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DEPARTMENT OF PSYCHIATRY

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FALL 2011

A MESSAGE FROM THE CHAIR



Reflecting on this past year (my first full year as department chair), I am invigorated by our recent accomplishments in education, training, patient care, and research, and full of optimism for our future as a department.

This last year, our inpatient unit and psychiatric emergency services have seen significant structural and aesthetic improvements to promote safety, comfort, and a healing environment for patients and staff (some of the tiles featured outside each patient's room in the unit are pictured at right). Our research programs continue to generate the discoveries and cutting-edge knowledge urgently needed to advance our understanding of brain disorders and improve

mental health care. And the talents and intellectual curiosity evident in our newest crop of residents and current cohorts of fellows, postdocs, and other trainees demonstrate the promise of these young healthcare professionals to continue Michigan's tradition of excellence in psychiatry, as well as their readiness to step into the role of tomorrow's psychiatric healthcare leaders.

In times of economic uncertainty and diminished healthcare resources, continuing to meet the needs of those who live with psychiatric illnesses will not be easy, but we are well equipped to take on the challenges in the years to come.

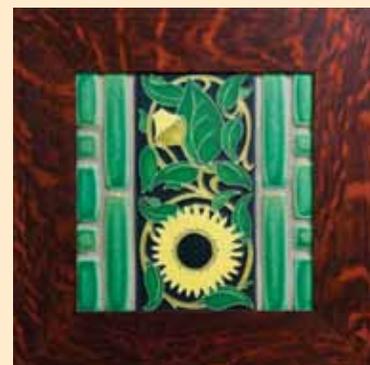
In the next year, we look forward to the establishment and growth of several new programs and services, including a partial hospital program for eating disorders, and an exciting new telepsychiatry initiative to help mental health professionals in underserved areas better meet the mental health needs of children and adolescents in their communities. We are also pleased to announce a new professorship dedicated to child and adolescent speech and language disorders, made possible by a generous gift from an alumnus of our program.

You will find more about some of these people, places, and programs in the pages of this newsletter.

Compassion for those we treat, curiosity to uncover the next breakthroughs in psychiatric knowledge, and commitment to quality in education and training – these are the values we will carry into the next year and beyond. We thank you for all the ways you have contributed and continue to contribute to that mission.

Sincerely,

Gregory W. Dalack, M.D.



The Motawi tile project in the renovated adult inpatient psychiatry unit was initiated by the Depression Center Community Volunteer Committee and funded by Waltraud "Wally" Prechter. Read more about the upgrades on p. 2.



Psychiatric facilities undergo major renovations

The adult Psychiatric Inpatient Unit and Psychiatric Emergency Services (PES) have both undergone extensive renovations focused on improving safety, comfort, efficiency, and aesthetics. Unveiled earlier this year, these upgrades were intended to enhance the experience for both patients and staff in those areas that provide psychiatric care in the most critical moments of need.

PES upgrades include

- *An expanded waiting area that accommodates about 20 patients, with added privacy features.*
- *Additional interview rooms, bathrooms, and a new triage exam area.*
- *A new 'seclusion' core, which includes three rooms and a nurses' station.*
- *Overall, a more open space with improved patient flow, greater security, and better integration with the rest of emergency services.*



Improvements to the inpatient unit include

- *Updated safety and security features in patient rooms and staff areas.*
- *Special intensive care unit accommodations to provide care for disruptive patients without disturbing others.*
- *Improved patient access to exercise facilities, including new fitness equipment.*
- *A large tub room for bathing patients.*
- *A new activity therapy room.*
- *A dining room with all-day access.*
- *Vibrant tiles from Ann Arbor's Motawi Tileworks outside each patient room.*
- *Upgraded waiting and post-treatment areas for outpatient electroconvulsive therapy.*



Announcing the

Rosa Casco Solano-Lopez PROFESSORSHIP IN CHILD AND ADOLESCENT PSYCHIATRY

Born and raised in Paraguay, Carlos Solano-Lopez (Residency '90) has devoted his life to the psychiatric care of United States military veterans. This year, he established a professorship in the Department of Psychiatry at the University of Michigan to serve as a memorial to his mother and to benefit children and adolescents with a very specific problem.

"When I was growing up, I had a problem speaking; I stuttered. There was no treatment that my parents were aware of and I struggled with this issue for many years," says Solano-Lopez, from his home near Schoolcraft, Michigan.

The Rosa Casco Solano-Lopez Professorship in Child and Adolescent Psychiatry will enable the department to recruit a world-renowned researcher who specializes in the psychiatric issues that sometimes are a result of speech impairment.

After earning his medical degree in 1984 from the Universidad Nacional de Asunción, then completing a yearlong internship there, Solano-Lopez came to Ann Arbor to interview for a residency in the Department of Psychiatry. Impressed by the faculty he met, he was happy when he matched to the U-M. After completing his residency, he decided to make Michigan his home.

Sponsored by the Veterans Administration, his first job was at the Battle Creek VA Hospital; he's been there ever since.

"I like my coworkers. I like the patients I work with. I'm in an inpatient unit: people with schizophrenia, depression, bipolar conditions, posttraumatic stress disorders, dementia, cognitive disorders," he says. "We're seeing a lot of veterans from Iraq and Afghanistan with traumatic brain injuries. It's a stressful job, but worth doing."

Away from the hospital, Solano-Lopez uses his downtime to decompress and enjoy the beauty of rural southwest Michigan. "I have some acreage and I love watching the wildlife," he says.

Though his own speech impairment essentially resolved itself when he reached adulthood — and rarely bothers him today — Solano-Lopez is acutely aware of the impact stuttering and other communication disorders can have on the lives of children and adolescents.

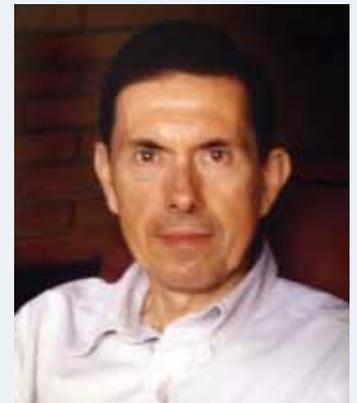


"If a person has speech impairment, it goes to the heart of being able to relate to other people," he says. "There is a speech pathology service (at the U-M) but I wanted to do something more in-depth to focus on the children who have the most severe forms of speech impairment and to treat the psychiatric sequelae. I want to see what better treatment modalities can be developed. I went through the Michigan psychiatric service and I know how good they are. I felt this would be the place to set this up."

Sheila Marcus, M.D., section director for Child and Adolescent Psychiatry, says, "From my training days, I fondly remember Dr. Lopez as a compassionate clinician who listened carefully to patients before making any decisions. His decision to give back to children who struggle mightily with language disorders is extraordinarily generous, but does not surprise me, since I know him to be a most kind and caring individual."

The professorship honors Solano-Lopez' mother, who worked as a secretary in Paraguay before dedicating herself to raising her three children. Rosa Casco Solano-Lopez died earlier this year. "I have very good memories of my mother and I thought it would be fitting to name the professorship in her memory," says Solano-Lopez. "I feel she would have appreciated it very much."

But at the heart of this extraordinary gift is a simple desire to help others. "I want to do something for the next generation, in particular for people who may be struggling with the issue I had years ago," he says. "I want to make things better for them."



Carlos Solano-Lopez

Carlos Solano-Lopez established a professorship in the Department of Psychiatry at the University of Michigan to serve as a memorial to his mother, **Rosa Casco Solano-Lopez**, to benefit children and adolescents.

Trainee PROFILES

Seth Knight, M.D., PGY1

Medical School: University of Alabama-Birmingham (2011)



Why did you choose Michigan?: I wanted a rigorous, well-rounded training experience in a department where residents' happiness is a high priority (kudos to Dr. Jibson and Lisa Miller for that). I felt that U-M provided a number of clinical and research opportunities while at the same understanding that trainees' career goals are still very malleable to ongoing clinical exposures.

Career goals: I am still very much in the process of figuring out my career path, but at this point I'm striving for a career within academia.

Training Highlights: So far, the inpatient psychiatry rotation and working closely with Dr. Casher and Dr. Bess. My intern year has been very rigorous but rewarding so far.

Favorite things about Ann Arbor: The intellectually vibrant atmosphere, strong sense of community, affordable cost of living, great restaurants, independent movie theaters, and ready access to outdoor activities. Also, the short commutes to the hospitals and clinics!

Danielle Novick, Ph.D., 2nd-year Postdoc

Doctoral program: University of Pittsburgh, Ph.D. in Clinical Psychology (2010)



Current clinical focus: I provide evidenced-based psychosocial treatments for individuals experiencing recurrent mood disorders (particularly for women during and following pregnancy), including interpersonal psychotherapy and interpersonal and social rhythm psychotherapy. I am also learning evidence-based treatments for the behavioral management of sleep disorders.

Current research focus: I am involved in research in both the Sleep and Chronobiology Lab and the Women and Infant's Mental Health Program. Right now I am involved in a new project evaluating whether measures of circadian rhythms may be useful for health maintenance similar to the ways lipid profiles or body mass index are currently used.

Research goals: Increasing knowledge about which interventions will have the most clinically significant effects for different people so we can personalize psychosocial treatments and ultimately improve outcomes.

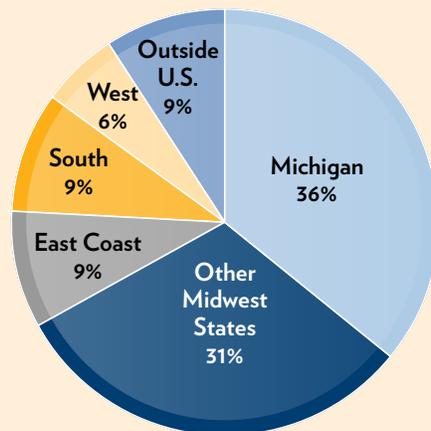
What is your work's greatest reward?: Contributing to both individual wellness and understanding how to best treat mood disorders.

Why did you choose Michigan?: The department offered the unique opportunity to pursue both clinical and research interests, and to participate in truly interdisciplinary work.

PSYCHIATRIC RESIDENCY BY THE NUMBERS

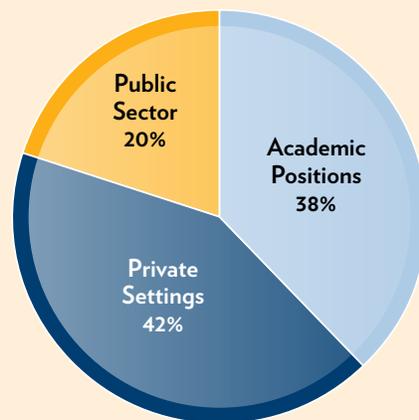
In the last decade (2001-2011), 116 residents have graduated from the general program. Eighty residents have gone on to do fellowships, with half of those in child psychiatry (almost as many as all other fellowships combined).

WHERE TRAINEES COME FROM



Although only 36% of trainees came from Michigan originally, over half (53%) remain here, and 22% are affiliated with UMHS.

WHERE OUR GRADUATES WORK



Of those who practice in Michigan, 16% work at least part of the time in underserved areas.

Stay in touch!

Keep us up-to-date on your contact information, including email, and send us your news and updates for future publications. We also welcome your comments on this issue. Contact: Lauren Hutchens, Lhutchen@umich.edu

Alumni PROFILES

This and future newsletters will include profiles of alumni across the country who have had an impact in the field of psychiatry.



Jack C. Westman (B.S. '49, M.D. '52, M.S. in Psychiatry, '59) is professor emeritus of psychiatry at the University of Wisconsin School of Medicine and Public Health and president of Wisconsin Cares, Inc., an interdisciplinary organization that promotes public policies that enhance the wellbeing of childrearing families. He has published extensively on individual differences in children, learning disabilities, child abuse and neglect, child advocacy, family therapy, children's and parents' rights and public policy.

In a recent conversation about his latest book, *A Complete Idiot's Guide to Child and Adolescent Psychology* (New York: Alpha/Penguin, 2011), Dr. Westman shared some reflections on the role of psychiatry in addressing the needs of children and families from a public health perspective.

Why is it so important to focus on youth if we are to improve prevention, diagnosis, treatment, and outcomes for depression, anxiety, and other disorders? The nature/nurture components of psychiatric disorders are the most clear-cut during the early years of life. If we focus on meeting the essential developmental needs of children rather than on identifying the early signs of psychiatric disorders – on assets rather than on liabilities – we will go far in the public health primary prevention of these problems.

How can psychiatrists work across systems to effectively meet the needs of our most vulnerable families? Psychiatrists are uniquely positioned to initiate, lead, and/or participate in coordinated services/wraparound teams. We function in teams within the health care system and can apply that experience and skill set to working especially with the educational, human services, and legal systems as well. This occurs naturally if we work with our patients in the context of their real-life circumstances.

What role, in your opinion, should psychiatry play in advocating for children in the child welfare system? The child protection system is plagued by fragmentation and lack of continuity of resources for families. As a result, family members are treated as individuals rather than in the context of their families. Efficacy suffers, and public and private costs soar. Mental health professionals have a vital role to play in coordinated services/wrap-around teams and ensuring they are organized around families.

How would you address what you see as the most glaring shortcomings in our educational programs for psychiatry residents of the future? We should never focus on a child as a free-standing entity. A child and a parent are the two halves of an

irreducible child/parent unit. Brain development should not be emphasized over human development, and residents should also learn how to apply public health principles in their work.

How might we best restore the teaching of attachment to a new generation of psychiatrists and psychologists? The full consequences of strong, ambivalent, and clearly weak attachment bonding during early life are only seen in later life and in subsequent generations. Psychiatrists can play an important role in educating the public about the importance of attachment bonding in early life and its consequences in later life.

What has been the most rewarding aspect of your professional career? Decades of participating in the growth of young people and their parents.

Read more about Dr. Westman on his website:
www.jackwestman.com

REFLECTIONS from an alumnus

Anand Kumar, M.D.

Professor and Head, Department of Psychiatry,
College of Medicine, University of Illinois at Chicago

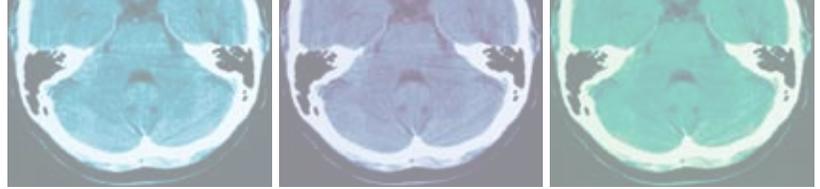
Research focus: Late-life depression and mental disorders of the elderly, including Alzheimer's disease

Dr. Kumar, who completed his residency in 1996, assumed the position of head of the Department of Psychiatry at the UIC College of Medicine in 2009. Here he offers some perspectives on his time at Michigan.



“The Michigan experience as a psychiatry resident in the research track was very special and defining for me. It opened my eyes to all the exciting possibilities in academic medicine, particularly clinical/translational research in the neurosciences. All of my early mentors were from Michigan: John Greden, Bernie Agranoff, Huda Akil, and Anne Young, and all were

generous with their time and support and committed to developing junior investigators and physician scientists. Physicians are particularly suited to specialize in the clinical/translational realm, which presents us with a multitude of opportunities in the years and decades to come.”



Amy S. B. Bohnert, Ph.D., M.H.S., (Research Fellowship, '10) conducts a variety of research on mental health services with an emphasis on substance use disorders. She is currently examining determinants of prescription opioid overdoses among VA patients (focusing on prescribing practices) under a VA-funded career

development award. She will soon launch a pilot project (funded by the U-M Injury Center) to develop a brief intervention to reduce prescription opioid overdose risk among patients at an urban Emergency Department and at a residential addictions treatment center. Dr. Bohnert's other research interests include psychiatric conditions and social networks as determinants of drug use and drug treatment outcomes, mortality among substance users, particularly fatal drug and medication overdoses, and the use of longitudinal and patient care databases for clinical psychiatric epidemiology research.



Psychiatrist and neuroscientist **Srijan Sen** (M.D., Ph.D. '05) looks for ways to harness the rich information contained in the human genome to help improve screening methods and accelerate the development of more effective and personalized treatments for those living with psychiatric illnesses. One of Dr. Sen's major

projects involves following a national sample of first-year physicians over the course of their intern year (when rates of depression increase significantly, as his research has found) as a model for examining the relationship between stress and depression. His team assesses genes and other potential biomarkers before internship to identify factors that predict the development of depression under stress. His team is also studying specific blood biomarkers before and after internship to determine whether changes in these measures with stress correlate with increases in depressive symptoms and could potentially represent targets for future depression treatments.



In the clinic, **Kate Dimond Fitzgerald, M.D., M.S.**, (Residency '04, Neuroimaging Fellowship '05, Child and Adolescent Psychiatry Fellowship '07) specializes in the evaluation and management of childhood anxiety, work that is complemented by her brain imaging research to understand how brain development

may underlie the emergence and early course of anxiety in youth. One of Dr. Fitzgerald's major lines of research uses functional MRI (fMRI) in young patients to study how delayed maturation of brain response to errors could lead to worry about making mistakes. In conjunction with ongoing genetic research in the Pediatric Anxiety and Tic Disorders Program, this work aims to elucidate neural mechanisms underlying pediatric anxiety to guide the development of better treatment and prevention strategies.

Several lines of research in the Department are examining **predictors of treatment response in depression** and the neurobiological mechanisms behind it. One study will look for markers of individual response to placebo with the ultimate goal of translating its findings into new clinical applications that harness the therapeutic power of the placebo effect. Led by the Phil F. Jenkins Research Professor of Depression, **Jon-Kar Zubieta, M.D., Ph.D.**, the "Predictors of Treatment Response in Major Depression" study seeks to build on growing evidence that the expectations associated with receiving placebo activate neurobiological processes that produce physiological and clinical consequences – that is, placebo response is involved in the activation of brain systems in ways that may promote recovery in people with major depression, potentially through mechanisms that build resilience.

The MINDS study, led by **Scott Langenecker, Ph.D.**, is prospectively looking for risk factors that may predict relapse in unmedicated adolescents currently in remission from a previous major depressive episode. The study uses fMRI and targeted tests of memory, attention and concentration, and mood. A complementary study called ASCEND, also led by Langenecker, uses cognitive performance and fMRI measures to understand dysfunction in cognitive and emotional processing in people with depression, and how these difficulties might be helped with treatment.

Akil elected to National Academy of Sciences

Huda Akil, Ph.D., co-director of the Molecular & Behavioral Neuroscience Institute, co-director of the U-M node of the Pritzker Neuropsychiatric Research Consortium, and the Gardner C. Quarton Distinguished Professor of Neurosciences in the Department of Psychiatry, has been elected to the National Academy of Sciences, one of the highest honors attainable by an American scientist.

Akil's current research investigates the genetic, molecular, and neural mechanisms underlying stress, addiction, and mood disorders. She demonstrated that the brain has an intrinsic ability to actively block pain and was the first to implicate endorphins in the process.

League of Research Excellence inducts eight from Psychiatry

Eight faculty members from the department were among the inaugural group of 140 scientists and physicians inducted into the "League of Research Excellence" in March. The league was created to celebrate U-M Medical School faculty researchers who achieve significant successes, and the 2011 inductees included those who have garnered \$1 million or more in research awards or expenditures in 2010. The selections from the Department of Psychiatry were Huda Akil, Ph.D., Frederic Blow, Ph.D., Amy Kilbourne, Ph.D., M.P.H., Howard Markel, M.D., Ph.D. (primary appointment in Pediatrics), David Neal, M.D., Stanley Watson, Jr., M.D., Ph.D., Jon-Kar Zubieta, M.D., Ph.D., and Robert Zucker, Ph.D.

Psychiatry ranked 20th in nation

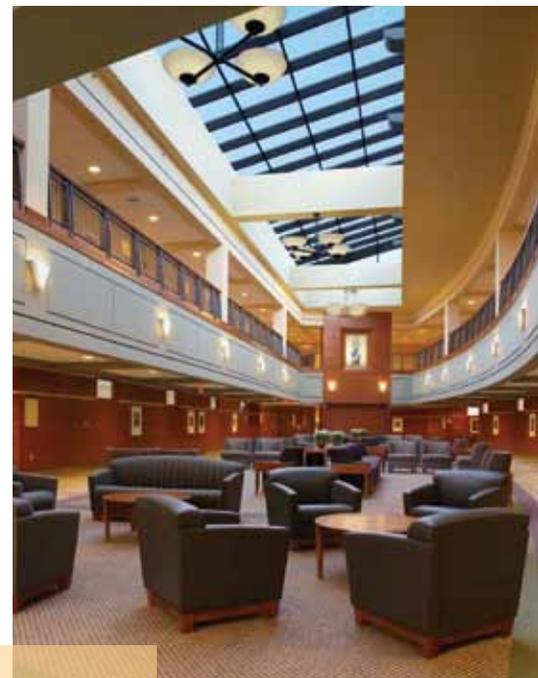
U.S. News & World Report ranked U-M's inpatient psychiatric services 20th in the nation for 2011-12. USNWR also ranked the U-M Hospitals and Health Centers 14th overall, and No. 1 in the Detroit metropolitan area. The USNWR "Top Doctors in America" list included three from the department: Norman Alessi, M.D., (emeritus), John Greden, M.D., and Michelle Riba, M.D., M.S.

Gacioch named outstanding coordinator

The American Association of Directors of Psychiatric Residency Training (AADPRT) recognized Linda Gacioch, coordinator for the Geropsychiatry and Psychosomatic Medicine Fellowships in the Department of Psychiatry, with its Outstanding Coordinator Award at its March meeting in Austin, Texas.

Hsu and Muzik Receive Young Investigator Awards

This year, the Brain & Behavior Research Foundation (formerly NARSAD) named David T. Hsu, Ph.D., and Maria Muzik, M.D. to its list of Young Investigator grantees. The awards support researchers with the potential to find breakthroughs in the field of mental health through innovative brain and behavior research. The grants are also intended to help young researchers establish a basis for leveraging future funding for their work. Hsu is a research assistant professor of psychiatry, and Muzik is an assistant professor of psychiatry.



Ambulatory Psychiatry services at the Rachel Upjohn Building are going strong, with 70,000 annual patient visits.

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2011 DONOR Honor Roll

This list recognizes the 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 2011, from July 1, 2010 through June 30, 2011. Our gratitude is extended to everyone who has supported the department's efforts this year. THANK YOU!

Kenneth M. Adams	Stephen Lloyd and Carrie Friedman
Stanley and Joy Berent	Susan and Daniel Maixner
Robert Hunt Berry	Tim Mervak and Sheila Marcus
Frederic Blow and Dwight Lewis	Michigan Psychoanalytic Foundation
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In so many ways, philanthropy helps the University of Michigan continue to serve as a leader in academic psychiatry. Without the financial support of faculty, alumni, and other stakeholders, we could not provide our world-class environment that integrates innovative basic, clinical, and translational research, the latest in evidence-based patient care, and academic programs to prepare tomorrow's leaders in healthcare, research, and education. Please consider recognizing and supporting the important work of the University of Michigan Department of Psychiatry by contributing to the Psychiatry Gift Fund – we would be very grateful for your support!

For additional information about the Department of Psychiatry, to make a gift, or to learn more about where your gift is needed, please contact:

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

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