

## Monthly News – February 2013

# Department of Psychiatry

February 18, 2013 Volume 7, Number 2

### Events/Save the Date:

It's not too late to register for the **11<sup>th</sup> All Ohio Institute on Community Mental Health** scheduled on March 1-2, 2013. The All-Ohio Institute is a statewide multidisciplinary meeting on community mental health services, clinical practices, research and education that has attracted audiences of up to 400 psychiatrists, social workers, nurses and other mental health providers in the past. This year's conference is "**Health Homes, Integrated Care and the Future of Community Psychiatry.**"

**For more information or to register online:**  
<http://casemed.case.edu/cme/>  
Or by phone: 216-983-1239

Regional Marijuana Summit:  
**Friday, March 1<sup>st</sup>**  
**8:00 AM - Noon**  
**Holiday Inn - Independence**  
6001 Rockside Road  
Independence, OH 44131  
To register or for more information contact Kelly Lazar:  
Community Awareness and Prevention Association  
Email: [lazark@bbhcsd.org](mailto:lazark@bbhcsd.org)  
440-740-4751

**CWRU's Center for Evidence-Based Practices** will present three workshops on the practice and supervision of Motivational

Interviewing at the "2013 Educational Ensemble" of the Lake Geauga Training Committee of Painesville, Ohio on **March 5, 6 & 7, 2013**. Supervisors attend all three workshops (\$120); non-supervisors attend two workshops (\$90). The Educational Ensemble is a three-day event featuring 11 workshops on a variety of topics. Deadline to register is February 22. For more information or to register go to: <http://www.centerforebp.case.edu/events/motivational-interviewing-at-2013-lake-geauga-training-committee>

Pamela B. Davis, MD, PhD, Dean, School of Medicine and Vice President for Medical Affairs  
At Case Western Reserve University will appoint **Stephen L. Ruedrich, MD** as the L. Douglas Lenkoski, MD Professor of Psychiatry on **Tuesday, March 19, 2013 at 4:30 pm** in the Iris S. and Bert L. Wolstein Research Building Auditorium, 2103 Cornell Road, Cleveland, Ohio.

### ***PTSD 2013: In Search of a New Paradigm***

Featuring: Dr. Lenore Terr, Dr. Sandro Galea and Dr. Joseph Calabrese  
**Saturday, April 6, 2013**  
8:30 a.m. to 12 noon at the Cleveland Racquet Club  
For more information contact: [miriam.plax@uhhospitals.org](mailto:miriam.plax@uhhospitals.org)

**Dr. Molly McVoy**, Program Training Director for the Child and Adolescent Psychiatry Fellowship, will be the guest speaker at the Spring **Clinical Faculty Meeting** on **Tuesday, April 30<sup>th</sup>**. Dr. McVoy will speak on the DSM-V.

The Annual Meeting of the **Cleveland Consultation- Liaison Society** will take place on **Wednesday, May 1, 2013 from 11:30 AM until 5:00 PM**, at the Cleveland Skating Club. This meeting is a great opportunity to join with our psychiatric colleagues from nearby communities. The event begins with lunch followed by presentations (both oral platform presentations and posters).

Trainees and faculty members are encouraged to submit abstracts regarding their C/L research, mystery cases, and innovative programs. **The deadline for abstract submission is April 3, 2013**. Abstract submissions will be reviewed, and participants will be notified of acceptance via email.

All attendees must register. The meeting is pharma-free" again this year! Faculty member attendees will be asked to pay a \$50 fee at the door on the day of the event (cash, check, or credit card). Trainee attendees will not be charged. **The deadline for registration is April 10, 2013.**

To register online or for more information:  
<http://clevelandcls.webstarts.com>

### Awards and Recognition:

PGY-4 Psychiatry resident **Kasia Rothenberg, MD** is the winner in the Member-in-Training category for the best research paper by the Ohio Psychiatric Physicians Foundation (OPPF) Research Award competition. Her winning paper is entitled: "*Oxidative Stress Parameters in Alzheimer's Disease as a Potential Biomarker of Neurodegeneration*". This paper has been submitted and is in review for Journal of Psychiatric Practice.

### Comings and Goings:

A warm farewell to **Renee Slembariski**, Administrator of Research Operations in the Mood Disorders Program.

Renee has been with the Department of Psychiatry for over eleven years. She is a friend and mentor to many, contributing many assets to the Program. In pursuit of her dream, Renee will be hiking the Appalachian Trail, which is about 2,180 miles long and passes through fourteen states! We wish her all the best in her adventures, both on the trail and off. Her last day will be March 1<sup>st</sup>.

Welcome to: PGY-1 Resident **J. P. Shand, M.D.** Dr. Shand graduated from St. Matthew's School of Medicine (Grand Cayman) on December 22, 2012, and spent some of his fourth year elective time working with Dr. Susan Hatters-Friedman and others in forensic and community psychiatry here in Cleveland.



**Topic:** Kant Meets *Tarasoff*: The Limits and Limitations of Risk Assessment

**March 15<sup>th</sup>:**

**Speaker:** Philip Belzunce, Ph.D.  
**Topic:** Gestalt Therapy in the 21st Century: Beyond the Empty Chair

**March 22<sup>nd</sup>:**

**Speaker:** Pamelynn Esperanza, M.D. and Lysette Ramos, M.D.  
**Topic:** The Life: Domestic Minor Sex Trafficking

**March 29<sup>th</sup>:**

**Speaker:** Blessing Igboeli, M.D.  
**Topic:** TBA

*\* Reception immediately following the lecture in the Mayer-Haber Conference Room 13-113*



Welcome to PGY-3 Resident **Zafar Zaidi, MD.** Dr. Zaidi is a graduate of the University of Oklahoma College of Medicine, and completed two years of training in the residency at University of Oklahoma (Tulsa).

At long last, welcome home to **Staff Sergeant Daniel Elliott**, son of **Fran Geraci**. Danny returned home in January after his 3rd tour of duty, serving 11 months in Afghanistan. He is now stationed at Fort Hood with his family and is very happy to be home!



### Grand Rounds:

**February 22<sup>nd</sup>:**

**Speaker:** Thomas Park, M.D.  
**Topic:** Adult ADHD

**March 1<sup>st</sup>:**

**DEPARTMENT MEETING  
NO GRAND ROUNDS**

**March 8<sup>th</sup>:**

*\*Phillip J. Resnick Forensic Lecture*

**Speaker:** Douglas Mossman, M.D.

### Mayer-Haber Library News:

Recently, the Library received a donation from **Dr. Maryellen Davis** consisting of two periodicals and two textbooks. The first periodical is the *Journal of the American Academy of Child & Adolescent Psychiatry*, the leading journal focusing exclusively on treatment of the child and adolescent, and publishing original research and papers of theoretical, scientific, and clinical relevance to the field. Several years of issues are now on the South wall with the reference books. The second periodical is 16 years (1996-2012) of the quarterly publication *Child and Adolescent Psychiatric Clinics of North America*, which is on the West wall, call number W1 CH642RS. A recent issue of this publication included articles on "Community Systems of Care for Children's Mental Health, (19:1); and "Directing Child and Adolescent Psychiatry Training for Residents," (19:1)

Lastly, the two textbooks in this donation are *Nelson Textbook of*

*Pediatrics*, 15<sup>th</sup> ed. by Richard E Behrman. (1995), WS100 .N432 1996, and *Child and Adolescent Psychiatry: A Comprehensive Textbook*, 3rd ed. by Melvin Lewis (2002), WS350 .C53502 2002. Interestingly, the Library also owns the sixth edition of the Nelson textbook, which was published in 1954.

Duplicate issues were placed on the Discard shelf, which is the bottom shelf in the Northwest corner of the room. According to Library procedures, these issues are available to residents and staff before discard.

## Presentations and Publications:

**Corradi, R.B.** Ambivalence: Its development, mastery, and role in psychopathology. *Bulletin of the Menninger Clinic* 77(1) pgs. 40-68, 2013.

**Keming Gao, MD, PhD** and **Gregory Boehm, MD**, volunteered their expertise for the Cleveland Psychological Association meeting on Monday, February 4<sup>th</sup> which was held at the Embassy Suites Hotel.

**Dr. Gao and Dr. Boehm** participated in a panel discussion following the film: Flight From Darkness: A Bipolar Disorder Documentary.

**Pagano, M. E., Kelly, J. F., Scur, M. D., Ionescu, R. A., Stout, R. L., & Post, S. G.** (2013). Assessing youth participation in AA-related helping: Validity of the service to others in sobriety (SOS) questionnaire in an adolescent sample. *The American Journal on Addictions*, 22(1), 60-66. doi: 10.1111/j.1521-0391.2013.00322.x

**Dr. Tiffany Thomas-Lakia** and **Dr. Lysette Ramos** will present: "Post-Pediatric Portal Program: Are Pediatricians the Answer to the National Child and Adolescent Psychiatry Shortage?" at the Innovations in Medical Education Poster Session

on Thursday, March 7<sup>th</sup> at the Intercontinental Hotel on Carnegie Avenue. The 2013 Education Retreat is sponsored by CWRU School of Medicine & Cleveland Clinic Lerner College of Medicine of Case Western Reserve University.

## Research:

University Hospitals is now conducting a research study for Generalized Anxiety, Separation Anxiety and Social Phobia. Participants must be between the ages of 6 and 17 years. Children with these disorders may have an excessive fear of being alone, refuse to go to school, avoid social situations, or have difficulty sleeping. If eligible for this study, participants may receive mental health assessments, investigational medication and close follow up with a doctor who specializes in pediatric mental health at no cost. **For more information, please call 216-844-3922.**

**The Discovery and Wellness Center for Children** at University Hospitals Case Medical Center is currently enrolling children ages 7-17 with Tourette's Disorder for a research study. Participants must be experiencing frequent motor and/or vocal tics that cause impairment in the child's normal routines. This study can be up to an 18 week period of involvement with only 8 weeks receiving investigational medication. This clinical study includes study-related physical exams and study medication or placebo at no charge. To learn more about this clinical trial, please call Becky Weintraub at 216-844-3922.

### **SMI and Diabetes study**

Do you have any patients with **Serious Mental Illness** (i.e., Current MDE, Bipolar Disorder, or Schizophrenia/Schizoaffective Disorder) and **Type 2 Diabetes** (DM)? Could they benefit from

learning more about how to manage their SMI and Diabetes?

Dr. Sajatovic's Research Team in collaboration with CWRU's Center for Healthcare Research and Policy (CHRP) at MetroHealth Medical Center is conducting a Randomized Controlled Trial comparing a novel intervention (TTIM) intended to improve both SMI and DM self-management in 100 individuals with SMI-DM vs. 100 individuals with SMI-DM receiving treatment as usual (TAU).

Basic Inclusion/Exclusion Criteria includes:

Participants MUST:

- Have a diagnosis of schizophrenia, schizoaffective disorder, bipolar disorder or depression;
- Have DM based upon either previous diagnosis or laboratory values; and
- Be  $\geq 18$  years of age;

Participants CANNOT:

- Have dementia; or
- Be pregnant.

Individuals will be randomized on a 1:1 basis to participate in either TTIM or TAU. Those randomized to TTIM will receive twelve weekly, group-format, in-person sessions (6-10 participants per group) delivered by a primary care Nurse Educator with experience and training in both DM and SMI treatment, and by a Peer Educator with SMI-DM. Over the 48 weeks following the TTIM sessions, the TTIM participants will receive periodic follow-up phone calls from the Peer Educator and in-person visits with the Nurse Educator to provide support by way of encouraging care engagement and healthy behaviors as well as addressing questions that may arise from a "consumer" perspective.

Primary and secondary outcome assessments will be repeated for

both the TTM and TAU participants at weeks 13, 30, and 60. Qualitative assessment for a subset of participants will be conducted at 13 weeks.

**Regardless of which group they are randomized to, all participants will *continue to receive their psychiatric and medical care from their usual providers throughout the study.***

If you have any questions or would like to refer a possible participant, please contact Edna Fuentes-Casiano at 216-844-2104 or [edna.fuentes-casiano@uhhospitals.org](mailto:edna.fuentes-casiano@uhhospitals.org).

### **OPT-BD Research Study**

Do you see any patients who are **60 years old or older** with **type I Bipolar Disorder** and are currently **sub-optimally responsive** to their prescribed BD treatments?

**To participate, individuals must:**

- 1.) Have Type I Bipolar Disorder
- 2.) Be age 60 or older
- 3.) Have sub-optimal response to current psychotropic management including:
  - a. Behaviors and symptoms of irritability, agitation, mood lability or diminished ability to interact with others in their place of residence
  - b. Diminished ability to take care of basic personal needs in their place of residence due to symptoms of BD

**To participate, individuals may NOT have:**

- 1.) History of intolerance or resistance to asenapine
- 2.) Clinical diagnosis of dementia or Mini-mental state (MMSE) < 24
- 3.) History of TIA, stroke or MI within the past 12 months
- 4.) Rapid cycling BD defined as 4 or more discrete mood episodes within the previous 12 months.

Participants will receive 12 weeks of open-label asenapine. Each study subject will serve as their own

baseline control and mood symptoms will be assessed using standardized measures during the 12 weeks of asenapine therapy. The primary outcome is change from baseline in bipolar mood symptom scores (mania and depression). Secondary outcomes include functional and general health status, global psychopathology, side effects, and extrapyramidal symptoms.

***For more information or to refer a patient contact Edna Fuentes-Casiano at 216-844-2104 or [Effectiveness.Research@UHHospitals.org](mailto:Effectiveness.Research@UHHospitals.org)***

### **Contact:**

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**DEADLINE FOR NEXT ISSUE:**  
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