

## Monthly News – October 2013

# Department of Psychiatry

October 28, 2013 Volume 7, Number 10

### Congratulations:

To: Dr. Kathleen Svala and her husband, Brian Patrick on the birth of their daughter, Estelle Paula Patrick. Estelle was born on Sunday, October 20<sup>th</sup>.



### Welcome to:

The following new employees:

- Kouri Akagi, RA2 in Geriatric Psychiatry
- Jennifer Hawker, RA1 in Child and Adolescent Psychiatry
- Kelley Jones, PAR1 in Outpatient Registration
- Mark Malin, RA1 in Child and Adolescent Psychiatry
- Michelle Maxson, RA1 in Child and Adolescent Psychiatry
- Robin Mogul, M.D., faculty in Child and Adolescent Psychiatry

- Julie Stone, Nurse Practitioner, Adult Psychiatry
- Kimberly Thomas, Data Coordinator in Child and Adolescent Psychiatry
- Christian von Pohle, Coordinator for Dr. Pagano
- Mike Zadel, Associate Data Coordinator, in Child and Adolescent Psychiatry

### Grand Rounds:

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

**Speaker:** Keming Gao, M.D.

**Topic:** Evidence-based Medicine: Definition and Practice

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

**\* Sihler Family Lecture**

**Speaker:** Barbara Milrod, M.D.

**Topic:** Outcome Research in Psychodynamic Psychotherapy for Panic Disorder

**November 15<sup>th</sup>**

**Speaker:** Joseph Calabrese, M.D.

**Topic:** Trends in Psychiatric Research Over the Past 30 Years

**November 22<sup>nd</sup>**

**\*Maryellen S. Davis Lecture in Child Psychiatry**

**Speaker:** Christopher Thomas, M.D.

**Topic:** Child Psychiatry Training: the Challenges Ahead

**November 29<sup>th</sup>**

**NO GRAND ROUNDS**

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

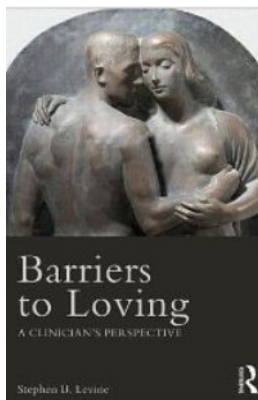
### Presentations and Publications:

**Norman A. Clemens, M.D.,** Emeritus Clinical Professor of Psychiatry, presented a grand rounds to the Summa Health System on July 11, 2013, on "Can We Assure Mental Health Privacy in the Electronic Age."

**Norman A. Clemens, M.D.,** has completed a "History of Psychoanalysis in Cleveland." It will be published as a chapter on the history of psychiatry in Cleveland edited by Kathleen Stoll and is accessible on the "About Us" menu at: <http://www.psychoanalysiscleveland.org>

Psychoanalysis in Cleveland goes back to the beginnings of the Department of Psychiatry at Case Western Reserve University and University Hospitals of Cleveland. Dr. Clemens is a Training and Supervising Analyst in the Cleveland Psychoanalytic Center.

**Dr. Stephen B. Levine's** new book, *Barriers to Loving: A Clinician's Perspective* was published by Routledge of New York and London on October 23, 2013.



“*Barriers to Loving* is an intriguing exploration of the role of sexual love over the course of life. Beginning with the mental health professions’ avoidance of the topic, Levine proposes a compendium of love’s pathologies by reorganizing what is familiar to clinicians into the barriers that limit the formation of adult-adult love, impediments that diminish a partner’s lovability, and the impediments to feeling and expressing love for a partner. Before reviewing scientific contributions to the understanding of love, he explores the topics of sexual excess and infidelity and how they relate to the aspiration to love and be loved. The final two chapters synthesize with clarity what to teach about love to young professionals in order to prepare them for the complexities they will soon encounter and provide a sophisticated answer to the question, What is love? *Barriers to Loving* integrates humanism, science, and clinical experience in Levine’s long-appreciated unique and mature voice.”

**Abby Pestak, MS, CTRS,** Rehabilitation Therapist on the Child & Adolescent Psychiatry Unit, presented the findings of her Masters Capstone as a part of the Research Institute at the American Therapeutic Recreation Association

Annual Conference in Pittsburgh, PA on Oct. 2, 2013. Her capstone is titled “Interdisciplinary Team Perceptions of the Certified Therapeutic Recreation Specialist: Impact on Relational Coordination and Quality of Care on an Acute Inpatient Child and Adolescent Psychiatry Unit.” The abstract is published within the ATRA Research Institute briefs, which will be available in electronic format in the near future.

Swaringen, S.E., **Pagano, M.E.**, & Frank, S.H. (2013, October). *Other-oriented regard and adolescent addiction*. Poster presentation at the annual Lake Erie College of Osteopathic Medicine Research Day, Erie, PA.

### Research Studies:

**The Discovery and Wellness Center for Children** at University Hospitals Case Medical Center is currently enrolling children and adolescents ages 7-17 for participation in a research study for depression. Some symptoms of depression may include irritability, feeling of worthlessness and loss of interest in activities. Symptoms must occur for a minimum of one month prior to screening. If eligible, patients may receive a study related clinical evaluation, medical tests, and the study drug or a placebo from a doctor who specializes in pediatric mental illness. The investigational drug has not yet been approved for the condition under the study. Duration of the study can last up to 17 weeks. For more information, please contact Becky Weintraub at 216-844-3922.

### Systematic Genetic Analysis of Phenomenology and Treatment Response in Mood Disorders

PI: Jinbo Fan, PhD.  
Gender & Age: Women & Men, at least 7 years of age  
Diagnosis: Bipolar Disorder (type I, II or NOS) or Major Depressive Disorder

Study Details: This is a onetime blood draw to collect genetic material for future analysis on the genetics and treatment response of those with mood disorders. This study is only open to those receiving care within The Department of Psychiatry. Contact: Nikki D’Arcangelo at 216-286-6541 or via email at: [Nicole.DArcangelo@UHhospitals.org](mailto:Nicole.DArcangelo@UHhospitals.org)

### CAE RCT Study

Do you have any patients who have Bipolar Disorder and have trouble taking all of their bipolar medication?

### To participate, individuals must:

1. Have type I or type II bipolar disorder diagnosis for at least 2 years;
2. Have received treatment with at least one evidence-based medication to stabilize mood for at least six months (lithium, anticonvulsant, or antipsychotic mood stabilizer);
3. Be at least 20% or more non-adherent with current BD medication treatment (i.e. lithium, anticonvulsant, or antipsychotic mood stabilizer);

### To participate, individuals may NOT:

1. Be children under the age of 18

This is a randomized, controlled trial (RCT) of the **Customized Adherence Enhancement (CAE) psychosocial intervention** (created by Martha Sajatovic MD and Jennifer Levin PhD) vs. broadly-directed, non-individualized education (EDU) in **poorly adherent individuals with bipolar disorder (BD)**. The study is primarily interested in testing whether a (CAE) intervention that addresses the specific reasons for non-adherence among high-risk patients with BD improves treatment adherence and bipolar disorder symptoms compared to EDU. CAE is intended to be a brief adjunct to standard mental health treatment. The proposed

project has the potential to greatly advance the care of BD patients who are at greatest risk for poor health outcomes, with findings expected to be generalizable across a variety of treatment settings. ***All individuals will continue to receive treatment as usual with their regular provider(s).***

***For more information or to refer a patient contact Melanie Athey at 216-844-2825 or [Melanie.Currens@UHhospitals.org](mailto:Melanie.Currens@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)

### **CAE RCT Study**

Do you have any patients who have Bipolar Disorder and have trouble taking all of their bipolar medication?

#### **To participate, individuals must:**

4. Have type I or type II bipolar disorder diagnosis for at least 2 years;
5. Have received treatment with at least one evidence-based medication to stabilize mood for at least six months (lithium, anticonvulsant, or antipsychotic mood stabilizer);
6. Be at least 20% or more non-adherent with current BD medication treatment (i.e. lithium, anticonvulsant, or antipsychotic mood stabilizer);

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EDU. CAE is intended to be a brief adjunct to standard mental health treatment. The proposed project has the potential to greatly advance the care of BD patients who are at greatest risk for poor health outcomes, with findings expected to be generalizable across a variety of treatment settings. ***All individuals will continue to receive treatment as usual with their regular provider(s).***

***For more information or to refer a patient contact Melanie Athey at 216-844-2825 or [Melanie.Currens@UHhospitals.org](mailto:Melanie.Currens@UHhospitals.org)***

### **Save the Date:**

November 26, 2013  
9:00 a.m. – Noon  
**ADAMHS Board of Cuyahoga County**  
**2012 W. 25th Street -- 6th Floor**  
**Cleveland Ohio 44113**  
**Buckeye Room**

"Spirit of Motivational Interviewing for Peer Supporters" introduces participants to the philosophical roots and essential constructs of this evidence-based treatment. It explores how MI principles can be utilized by people who provide peer support in various roles in community mental health.

Presenters: Nicole Clevenger, BFA, and Patrick Boyle, MSSA, LISW-S, LICDC.

For more information or to register: <http://www.centerforebp.case.edu/events/spirit-of-motivational-interviewing-for-peer-supporters>

**Department of Psychiatry**  
**Employee Recognition**  
**Celebration**  
**Friday, December 13<sup>th</sup>, 2013**  
Hilton Garden Inn  
Cleveland Gateway  
1100 Carnegie Avenue  
6:30 Cocktails  
7:15 Dinner  
8:00 Entertainment

Please RSVP to  
[Cynthia.Glenn@uhhospitals.org](mailto:Cynthia.Glenn@uhhospitals.org) or  
call 216-844-3883  
by December 1<sup>st</sup>. **This event is  
limited to employee and 1 guest**

**Contact:**

**Published by University  
Hospitals Dept. of Psychiatry**  
**DEADLINE FOR NEXT ISSUE:**  
Friday, November 16, 2013  
**CONTACT:** Kate Kilbane  
Phone: 216-844-3658  
[kate.kilbane@uhhospitals.org](mailto:kate.kilbane@uhhospitals.org)