

PENN PSYCHIATRY PERSPECTIVE

Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in *Penn Psychiatry Perspective*, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

*Dwight L. Evans, MD
Ruth Meltzer Professor and Chair*

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News and Announcements

In the News

Penn Department of Psychiatry faculty members are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. (For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.)

Tough Depression Cases Find Relief in Novel Treatment



Michael E. Thase, MD was interviewed in a September 20, 2015 *Scranton Times-Tribune* article about the value of Transcranial Magnetic Stimulation (TMS) for treating depression. TMS sends magnetic pulses to the brain stimulating the parts that produce mood-balancing hormones. The U.S. Food and Drug Administration (FDA) approved TMS to be used only for treating depression in 2008 and only for cases that resist other types of treatment. It's had groundbreaking results for some with hard-to-treat depression. Dr. Thase cautioned that studies looking at TMS show the relatively new treatment is typically accompanied by a "rich-care scenario" where patients are getting a lot of attention from their doctors - and most likely other treatments - which could skew statistics showing favorable results from TMS treatment. Yet, Dr. Thase added that TMS doesn't carry the baggage that other treatments may. "When it works, it is remarkable, and I'm glad we have it," he stated. Dr. Thase is Professor of Psychiatry and Director of the Mood and Anxiety Disorders Treatment and Research Program in the Department of Psychiatry at Penn.

View the September 20, 2015 *Scranton Times-Tribune* article at - <http://thetimes-tribune.com/news/business/tough-depression-cases-find-relief-in-novel-treatment-1.1944730>

What Doesn't Work Against Hot Flashes



Sarah B. Mathews, MD was quoted in an October 5, 2015 *Boston Globe* article about a recent report from the North American Menopause Society on the effectiveness of nonhormonal treatments - such as herbal supplements - for hot flashes. The report concluded that there is little evidence supporting the efficacy of most of these treatments. Dr. Mathews, who was not involved with the research, hoped the report will raise patients' awareness about herbal supplements and medications not regulated by the U.S. Food and Drug Administration

(FDA). "Even though they're natural does not mean they are safe or more effective," she emphasized. Dr. Mathews is Assistant Professor of Clinical Psychiatry in the Department of Psychiatry at Penn.

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What Doesn't Work Against Hot Flashes

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View the October 5, 2015 *Boston Globe* article at – <https://www.bostonglobe.com/lifestyle/2015/10/04/what-doesn-work-against-hot-flashes/w5eSdW9XfPOrM8awVLEdfP/story.html>

Opening Up about Postpartum Depression



C. Neill Epperson, MD spoke to FOX29 (Philadelphia) television in October 2015 about how common postpartum depression is for postpartum women, the importance of understanding its signs and symptoms, therapeutic options, and the consequences of failing to treat the disease. Her extensive interview followed celebrity Hayden Panettiere's recent announcement that she has been battling the illness since giving birth last December. Dr. Epperson noted that postpartum depression is a major depressive illness, affecting 10 to 15 percent of all postpartum women. Dr. Epperson is Professor of Psychiatry and Obstetrics and Gynecology at Penn and Director of the Penn Center for Women's Behavioral Wellness (PCWBW) in the Department of Psychiatry.

Can the Mental Health System Meet the Growing Demand for Older Patients?



Daniel Weintraub, MD was quoted in an October 19, 2015 WHYY (Philadelphia) Radio article about the capacity of the country's mental health system to address the mental health needs of older Americans. About one in five Americans over the age of 65 have an addiction or mental health issue, and there aren't enough psychiatrists to treat them. Schizophrenia was long described as a mental illness that was diagnosed only in young people. But the new psychiatric diagnostic manual no longer has age-related criteria for schizophrenia. "Doing away with a separation between older and younger levels the playing field," said Dr. Weintraub. "It increases the likelihood that older patients with psychotic disorders will get help." However, as the article points out, a shortage of psychiatrists to treat aging patients could complicate access to treatment. Dr. Weintraub is Associate Professor of Psychiatry and Neurology in the Department of Psychiatry and Institute on Aging at Penn.

View the October 19, 2015 WHYY (Philadelphia) Radio article at - <http://www.newsworks.org/index.php/local/item/87353-can-mental-health-system-meet-growing-demand-for-older-patients>

Obsessive-Compulsive Disorder is Not Simply Being Neat



Elizabeth Turk-Karan, PhD was asked to write an article for the October 13, 2015 online issue of Philly.com in recognition of Obsessive-Compulsive Disorder (OCD) Awareness Week. In the article, Dr. Turk-Karan wrote, "OCD is not simply about being neat or clean. OCD is a serious mental illness characterized by anxiety and can be severely disabling." It "is much more than just a quirky character trait" and "can take many different forms." Treatments exist, she noted. "As debilitating as this disorder can be, effective treatments are available," Dr. Turk-Karan stated. "The therapeutic treatment with the most empirical support is called Exposure and Response Prevention (EX/RP). EX/RP is a short-term therapy that can be conducted once, twice, or five times per week depending on an individual's needs."

Dr. Turk-Karan is a clinical psychologist at the Center for the Treatment and Study of Anxiety (CTSA) in the Department of Psychiatry at Penn. The CTSA has been conducting research on treatment of OCD for the past 30 years, and along with its director, **Edna B. Foa, PhD**, is internationally known for its expertise. Currently, the CTSA is offering free treatment for individuals with OCD who participate in a therapeutic study.

View the October 13, 2015 Philly.com piece at - http://www.philly.com/philly/health/Obsessive-compulsive_disorder_is_not_simply_being_neat.html

Benefits of Afternoon Napping



Namni Goel, PhD told *Philly Voice* in an October 2, 2015 article that naps are helpful for staying productive past the mid-day slump, but the issue is not quite as black and white as taking a nap or not taking a nap. "It's complicated," Dr. Goel explained. "But naps are definitely restorative and improve performance ... Ten to 25 minutes is restorative and can last in terms of performance for a couple of hours -- and you can avoid sleep inertia." The ideal scenario for productivity beyond mid-day, she said, is a 25-minute nap between noon and 2 p.m., followed by caffeine. Dr. Goel added that it's important to note, though, that naps should be an occasional activity; napping every day, she emphasized, indicates significant sleep deprivation or a medical problem. Dr. Goel is Research Associate Professor of Psychology in Psychiatry in the Department of Psychiatry at Penn.

View the October 2, 2015 *Philly Voice* article at - <http://www.phillyvoice.com/philadelphia-nap-pods-pop-midtown-village/>

Awards and Honors

Drs. Epperson and Bale Awarded Grant to Promote Women's Health and Sex-Differences Research



Dr. Epperson



Dr. Bale

C. Neill Epperson, MD and **Tracy Bale, PhD** have been awarded a large mentored-career development grant to promote women's health and sex-differences research. The Building Interdisciplinary Research Careers in Women's Health (BIRCWH) Scholars Program is funded by the National Institutes of Health Office of Research on Women's Health (ORWH). It connects junior faculty (men or women) to senior faculty with shared research interests in sex and gender differences, and has supported more than 542 junior faculty at 39 institutions across the nation since the program's inception in 2000.

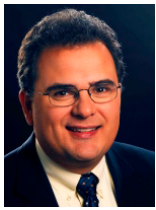
Drs. Epperson and Bale will receive \$1.9 million over five years from the NIH for the program, which will provide salary, research support, and mentorship for two junior faculty scholars with a commitment to address sex and/or gender issues in their area of research. Scholars will be chosen through a competitive, internal grant review process this fall, with funding to begin in January 2016. With support from the Office of the Vice Provost for Research and the Perelman School of Medicine Office of Inclusion and Diversity, the Penn BIRCWH Program will establish a cross-school initiative to promote inter- and trans-disciplinary research that addresses sex and gender differences in human health.

In an October 28, 2015 Penn Medicine press release, Dr. Epperson said, "Sex and gender health issues extend far beyond medicine - with funding secured to advance new initiatives and research, we'll not only be able to train the next generation of investigators focused on this critical aspect of health, but we'll also be able to provide a benefit to the transgender community, which is dangerously underserved by health care professionals." Dr. Bale noted, "Studies have shown time and time again that sex and gender differences play a major role in helping us understand disease risk and resilience. We know, for example, that when men and women experience stress, it affects the development of their offspring in very different ways. As we move toward more individualized medicine, it will be critically important that studies in these areas continue to be supported."

Dr. Epperson is Professor of Psychiatry and Obstetrics and Gynecology at Penn and Director of the Penn Center for Women's Behavioral Wellness (PCWBW) in the Department of Psychiatry. Dr. Bale is Professor of Neuroscience in Psychiatry in the Department of Psychiatry at the Penn Perelman School of Medicine, and Professor of Neuroscience in the Department of Biomedical Sciences and Director of the Neuroscience Center at the School of Veterinary Medicine at Penn.

For more details about the BIRCWH Scholars Program, view the October 28, 2015 Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2015/10/nih/

Drs. Oslin and Streim Honored by APA for SUSTAIN Program



Dr. Oslin



Dr. Streim

David W. Oslin, MD, Joel E. Streim, MD, and Tom Snedden, MPA received an American Psychiatric Association (APA) Psychiatric Services Achievement Bronze Award for their SUSTAIN program at the 2015 Institute on Psychiatric Services (IPS): The Mental Health Services Conference, held on October 7, 2015. SUSTAIN (SUpporting Seniors receiving Treatment And INtervention) is an innovative approach to facilitate the large-scale dissemination of collaborative care for low-income seniors. It is a private-public partnership of the Pennsylvania Department of Aging (DoA) and Penn's Department of Psychiatry. SUSTAIN identifies elders at risk of poor health outcomes, and supports them and their primary care prescribers in managing their mental health care. Since 2010, SUSTAIN staff have engaged more than 4,500 patients and family caregivers in a range of behavioral health services.

In an October 23, 2015 Penn Medicine news release, Dr. Oslin noted the value of a DoA database that provides real-time information about new prescriptions for psychotropic and anti-dementia medications for low-income Pennsylvania residents age 65 and older. "This provided us the ability to identify geriatric patients with newly diagnosed behavioral health problems and their primary care providers across the state and intervene on their behalf," said Dr. Oslin. He added, "We are happy to be a welcome, impactful presence for many of these patients and their families and are thrilled to be recognized by the APA for these efforts."

Since 1949, the Psychiatric Services Achievement Awards have recognized creative models of service delivery and innovative programs for persons with mental illness or disabilities. The awards recognize innovative programs offering services to people with mental illnesses or disabilities that can serve as models for other programs. Each year APA bestows two Gold Awards - one for a community-based program and one for an institutionally based Program - plus a Silver and a Bronze Award. This is the second time Dr. Oslin has won the Bronze award. Dr. Oslin's Behavioral Health Lab team previously won for its work in integrated care at the Corporal Michael J. Crescenz VA Medical Center (Philadelphia).

Dr. Oslin is Professor of Psychiatry in the Department of Psychiatry at Penn, Chief of Behavioral Health at the Corporal Michael J. Crescenz VA Medical Center (Philadelphia), and Director of the Veterans Integrated Service Network (VISN) 4 Mental Illness Research, Education and Clinical Center (MIRECC). Dr. Streim is Professor of Psychiatry and Director of the Geriatric Psychiatry Fellowship Training Program in the Department of Psychiatry at Penn. Mr. Snedden is the Director of the PACE/PACENET program in the Pennsylvania Department of Aging (DoA).

For more details about the program, view the October 23, 2015 Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2015/10/apa/



Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates in the designated locations. The next lectures are listed below. For more information about Grand Rounds and the 2015-16 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

December 3, 2015

Title: Evidence-Based Psychosocial Treatments for Youth

Speaker: Rinad S. Beidas, PhD

Assistant Professor of Clinical Psychology in Psychiatry
Center for Mental Health Policy and Services Research
Department of Psychiatry
Perelman School of Medicine
at the University of Pennsylvania

Location: BRB II/III Auditorium

December 17, 2015

Title: Patient Safety

Speaker: Jennifer S. Myers, MD

Associate Professor of Clinical Medicine
Department of Medicine
Division of General Internal Medicine
Perelman School of Medicine at the University of Pennsylvania
Associate Designated Institutional Official for Quality and Safety
Graduate Medical Education
University of Pennsylvania Health System

Location: BRB II/III Auditorium