

AD ASTRA

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Drs. Cox, Burket and Merkel Study the ADHD-Driving Link

Drs. Cox, Burket and Merkel's current project studying the relationship between ADHD and driving performance was actually initiated over 10 years ago. Dr. Merkel had received an internal grant from UVA to study ADHD. He and Dr. Cox began comparing normal college students' driving performance to college students who had believed they had outgrown their ADHD and had stopped taking their medication thinking they didn't need it any longer. They found that those who had ADHD performed 5 standard deviations *worse* than their cohorts in the driving simulator without medication. However, when they were given medication to control their ADHD their driving ability was equal to that of their normal peers.

Dr. Cox's driving research, using a virtual reality driving simulator that objectively quantifies driving performance, began here at UVA 20 years ago. This sort of technology has been used with individuals managing ADHD, as well as diabetics, Alzheimer's Disease, aging, and those under the influence of alcohol. The research findings have had significant implications. One study's findings actually led the Virginia state legislature to lower the legal Blood Alcohol Level from .1 to .08%.

These investigators continued to receive a series of grants from pharmaceutical companies to study the benefits of ADHD medication on driving. What they found was that, while most medications work equally well during the day lasting on ... *continued on page 2*

Dr. Ed Kantor Falls into the GAP

At their last meeting, **Dr. Ed Kantor** was elected to the **Group for the Advancement of Psychiatry (GAP)** and is currently serving on the Disaster and Terrorism Committee. GAP was founded in 1946 by a group of Physicians who, from their wartime experiences, realized the urgency of more public awareness of the need for new programs in mental health.

Over half a century later, GAP continues to have tremendous influence in shaping psychiatric thinking, public programs, and clinical practice in mental health. The primary objects of GAP are as thorough as they are inclusive, striving to remain on the frontier of psychiatry .

Members work to analyze significant data in psychiatry and human relations, re-evaluate old concepts, develops new ones, and finally apply this knowledge for the advancement of mental health.

Membership in GAP is by invitation only and now comprises some 300 psychiatrists. Each member belongs to a committee that is working in his or her area of special interest and expertise. Several other UVA faculty have been connected to GAP over the years and current active members include **Gabrielle Marzani-Nissen**, **Greg Saathoff** and **Knight Aldrich**. Dr. Aldrich is a life member and has been with GAP for 50 years!

ADHD and Driving *continued from page 1*

average 4-12 hours, a drug called *Concerta* improves driving up to 15 hours after taking the pill. Taking into consideration the fact that after 9 PM deadly car accidents among adolescents quadruple, *Concerta* proves to be better because it lasts longer. It will keep working beyond 9PM, whereas most other medications that are typically taken in the morning will wear out by then.

They are currently publishing an article using video cameras, called *DriveCam*, to record driving behavior in real-life situations. The cameras are mounted behind the rear-view mirror recording both what the drivers are looking at ahead of them and what the drivers are doing. When there is a sudden change in acceleration the system is designed to store audio/video recordings for 10 seconds prior and 10 seconds following sudden braking, swerving or acceleration, which the research team then analyzes. In this pilot study a male and a female ADHD college student, who previously demonstrated improved driving in the simulator when taking *Concerta*, were monitored for two months off medication and for two months off medication with the *DriveCam* system. While the female was not taking medication, the camera was activated on average .8 times a day (almost once a day!), as compared to when she was on medication where it was only recording on average .3 times a day. For the male, the rate off medication was on average .5 times a day, and on medication the rate was ZERO! These findings support the real life application of what was found in the lab, even with the additional distractions that the simulator doesn't have--such as passengers, putting on make-up, text messaging, etc.



Pilot testing *DriveCam*
—recording both driver and what driver sees

Today Dr. Burket has joined Drs. Cox and Merkel as they investigate the advantages of the methylphenidate patch- *Daytrona*. The Child and Family fellows are also very involved in this study, which provides them with an excellent research opportunity. With a patch application the driver has the ability to control the duration of the medication, so that if, for example, the patient forgets to take his medication until after noon they won't be reluctant to take it for fear of trouble sleeping later. If the patient wants to go to sleep they can simply *remove the patch*: control that is not possible with oral medication. There is also evidence suggesting that *Daytrona* can last up to 17 hours, which would again be safer in late night driving. They are currently in the recruiting phase of a study monitoring 20 young adults (ages 19-25) with ADHD, using *DriveCam* for a 3-month period without medication and for a 3-month period on *Daytrona*. This particular age range accounts for the highest accident rates, and within which vehicular collisions are the leading cause of death. Statistically those young adults with ADHD are 400% more likely to have at-fault car accidents, 300% more likely to be seriously injured, and 800% more likely to have their license suspended. Potential ADHD young adults for this study must not be routinely taking ADHD medication and must have at least two driving mishaps in the past year. Interested parties can call **Maggie Davis** at **(434) 924-0481**.

The past and future studies by Drs. Cox, Merkel and Burket continue to have significant real life implications. Their findings will continue to aid the ADHD population in reducing insurance cost, reducing the rate of traumatic brain injury and accidents, avoiding lost employment, and most importantly...they will help to save lives!

ACHIEVEMENT

Dr. Kim Penberthy has been appointed visiting lecturer/professor of psychiatry at the *West Virginia School of Osteopathic Medicine*. She recently gave lectures on the biopsychosocial aspects of multiple disorders/diseases, such as GI and Cardiovascular Disease. She was invited by **Dr. Christine Blue**, who was a resident that Dr. Penberthy helped to train here at UVA, is now the head of training for the Department of Psychiatry and the medical school. Dr. Penberthy remarked that it is always exciting to hear where our past residents end up and fun to reconnect with them!

Welcome to the Department **Dr. Dan Murrie, Ph.D.**

We recently welcomed **Dr. Daniel Murrie** as one of the newest faculty members to the department, although he isn't exactly a newcomer here at UVA. Dan received his Ph.D. in clinical psychology at the Curry School of Education and, after a year-long clinical internship in Florida, he returned to Charlottesville for a postdoctoral fellowship in forensic psychology at the Institute of Law, Psychiatry, and Public Policy (ILPPP). He left for a faculty position in a forensic psychology doctoral program at Sam Houston State University in Texas, but couldn't stay away for long. After only four and a half years he is back at the ILPPP as well as an Associate Professor in the Department.



One reason for his return was his love of Charlottesville. A second was his enthusiasm about working with the ILPPP again. He especially enjoys the variety in his job, which incorporates research, forensic evaluations, and training mental health professionals who are interested in performing forensic evaluations. His favorite aspect of his job is assessment, where he typically evaluates criminal defendants for such issues as legal sanity, trial competence, or violence risk. In terms of research, he studies methods of improving forensic evaluation, and psychological assessment within the juvenile justice system. He plans to continue similar work at ILPPP, which has a tradition of producing research aimed at improving forensic services.

Training state mental health professionals is a primary focus of the ILPPP. The Institute itself was created in part to improve the quality of mental health evaluations in the state of Virginia. Individuals from Virginia and neighboring areas travel to Charlottesville to participate in the training, in which Dan and others members of the ILPPP present best practices in conducting forensic mental health evaluations. Sometimes the trainings are geared toward evaluating specific populations, for example children, adults, or sex offenders. The programs are up to one week long and there is sometimes an exam involved, but for those of you who are interested in the training...don't worry, it is a take home exam! The ILPPP has historically contributed to developments in mental health and criminal justice policy, another role Dan is looking forward to becoming involved in.

Dan is very happy to be back here with his wife and three kids: two girls, ages four and six, and a boy, who is seven. They all enjoy hiking in the Blue Ridge Mountains and being outdoors. The girls were very excited to see snow for the first time in their lives this month!

Prof. Bankole Johnson Elected Distinguished Fellow of the APA

Late in December, **Prof. Johnson** received the high honor of being elected to the status of *Distinguished Fellow* by the **American Psychiatric Association**. He will be accepting a honorary medallion during the convocation of Distinguished Fellows at this year's APA annual meeting in Washington D.C. The ceremony will be held on **May 5th**, at **5:30 PM** in the Washington Convention Center, Hall D, Level 2, for those of you who would be interested in attending. Congratulations Prof. Johnson, it is quite an honor!

Resident Interview Wrap-up

The final interviews for the newest bunch of Psychiatry residents were completed on Monday, January 21. Since November 5, several faculty and residents participated in interviewing 90 people for only 10 slots. Candidates came from all regions of the United States and from across the globe. We find out who our new interns will be at 1:00 PM on March 20 and the announcement will be made at that time. A BIG round of applause for **Laura Covert** and **Ed Kantor** for all of their hard work!

High School Internships: The Potential in Our Department

When Marshall Buxton was entering his senior year at Western Albemarle High School his career specialist told him that, since he had completed the AP psychology course, he had the novel option of taking time during school to complete an internship. A few years prior **Dr. Kim Penberthy** had taken on a student at the Northridge clinic, and she would be willing to take on another. Fast forward to this month and Marshall has spent a whole semester behind the scenes in the CARE clinic at the North Fork Research Park. His time here has provided real life experience in the clinic and has allowed him to gain perspective into how much work goes into running research studies. While he is only required to spend 4 hours a week to receive credit for school, he is usually in the clinic 10-12 hours a week helping with database entry, completing the study books, and watching the

psychologists perform diagnostic tests. From this experience, Marshall has gained much more perspective than he ever could in text books into the mental health arena, which will help him to make more enlightened decisions about his future career moves. "Having students work in clinical research settings is a win-win situation," states Dr. Penberthy about her ongoing collaboration with Western Albemarle, "We as researchers, are able to share our knowledge and passion for what we do, and the students are able to gain real-life experience and opportunities not usually afforded those so early in their academic career."

There are many bright and enthusiastic students in area high schools that are interested in gaining more experience in the field of mental health, perhaps your lab is the perfect place for one!

IS YOUR OFFICE AS GREEN AS IT CAN BE?



Green is the new Black! Can it become a trend here in the department? **Donald Eubanks**, one of our patient transportation coordinators, has been working for several years on making recycling a more common practice within the department. Before coming

onboard to Psychiatry, Donald worked in University Building Services and helped to set up 27 recycling facilities throughout the grounds. Right now Donald collects and recycles everything from paper and cardboard to ink cartridges at our CARE clinics by himself. Facilities management at UVA is working hard to expand the recycling initiative to other buildings of grounds such as Northridge, lets help them!

If you don't think your building has enough recycling bins or you would like more information about the services at UVA call **982-5050** or email **recycle@virginia.edu**. For more ideas on what you can do and what has already been done visit:

<http://recycle.virginia.edu/>

What you can do today:

- Look for the cardboard boxes that are labeled **white paper** or **mixed paper** (*mixed* is for ALL paper that is not white) that may be hiding in your office AND use them
- **Turn off** your computer and office lights when you leave your office, or email Libba Bowling (libba@virginia.edu) about installing motion sensor lights.
- **Replace** incandescent light bulbs (you will know because they are warm) by emailing Libba letting her know the wattage and where you are.
- **Recycle** cans and bottles from lunch
- **Bring** reusable mugs, cups, plates and bowls to work instead of using paper products
- **REDUCE** the paper trails by
 - Emailing more often
 - Print on both sides of the page
 - Decrease your font size to 11 point– by doing this alone you will reduce your paper consumption by 50%
- Work hard and get a promotion so that you will be given an office that has windows, which requires less light!

Administration Spotlight on *Patti Spencer...*



and a brief history of the department

Patti arrived in the department in 1973. She began as a secretary for three psychiatrists and quickly earned the promotion to “clerk steno D” at the Child Psychiatry Clinic (meaning she was an administrative supervisor who also knew shorthand). In 1980, she moved with the department to Blue Ridge Hospital (formerly a tuberculosis sanatorium) where their offices were in the old nurses’ dorm. The adult and child clinics were brought together administratively in 1986, and she became the office services supervisor for both clinics. Finally, in 1995, she moved with the adult psychiatric services to the 2nd Floor of Northridge where she’s been the office coordinator and also supervisor of the office coordinator at the Child and Family Clinic. Regardless of the name of her position or where her office is, Patti has been a vital part of our administration for the past 34 years, which current and past residents, faculty, and administrators will attest to whole-heartedly.

Patti’s overall role is ensuring the clinic is running smoothly, making sure that everything is always covered even when it means she is covering the job herself. She plays a large role in the resident rotation at the clinic, including determining when residents will see patients as well as working with the nurses to orient the residents about the administrative aspects (particularly billing!) they will need to be familiar with once they are on their own. The group works to ensure that each resident receives a well-rounded education while at Northridge by preparing them for not only the clinical but the administrative challenges.

Patti’s supervisors over the years have been very impressed with her work ethic, conscientiousness to work and details, her superb performance no matter what job she is given, and her ability to handle any situation that comes up. Staff who report to her view her as a fair but firm supervisor who is always very professional.

“But, Patti, how can you stay in the same place for 34 years!?!” The answer is simple: it is never the same job. There are always new residents, new patients, new challenges and the people are always interesting. She attributes much of her happiness to such a great staff, disclosing that the current staff is the *best staff*, with much of the praise going to those who work the front desk. She also likes the fact that a lot of the current M.D. attendings were at one point her residents.

Patti has a daughter, Sarah Staton, who works as a office coordinator in the department’s Behavioral Medicine Center, and, coincidentally, Sarah’s office is the room where Patti had her interview 34 years ago. Her son works as a mechanic at a plastics manufacturer in Gordonsville where the machines he cares for are 3 stories high. In her free time, Patti enjoys accompanying her husband to national rifle competitions, where she spends time with the other wives with whom she is now close friends. They took up hobbies of beading (making beautiful jewelry) and shopping, and have formed a Red Hat group of their own called the “Sea to Sea Hatters” which includes friends from around the world. She is also an avid gardener and loves to spend time playing with her grandsons.

ACHIEVEMENT

As of January, **Dr. Ed Kantor** became the new president of the **Blue Ridge Psychiatric Society**, our local chapter under the Psychiatric Society of Virginia and the APA. The local chapter president represents the society at the state society level. Ed accepted the position on an interim basis to try and get the chapter reorganized and hopefully more involved and connected at the state and national level. He will be working with the membership to develop a new board and figure out ways the chapter can be useful to the membership.

Meet our Fellows *Jennifer Wartella, Ph.D.*



Dr. Jennifer Wartella is in her third year as a CARE/Addictions Research post doctoral fellow. Originally from the Pocono Mountain region in Pennsylvania, Jennifer received her PhD in Clinical Psychology (specializing in Behavioral Medicine) at Virginia Commonwealth University. She decided to come to UVA to enhance her clinical skills in terms of addictions disorders. She was familiar with Professor Johnson's work and felt working at CARE with his team would be a great opportunity to learn from the best. To top it all off the position had the right balance of clinical and research responsibilities that complimented her desire to blend interests in behavioral medicine, neuroscience and interpersonal relationships, particularly in older adults. Jennifer's typical day includes seeing patients that have various drug and alcohol problems for assessment and therapy, documenting visits, and coordinating patient care with other CARE team member. In terms of research she works with **Drs. Penberthy, Ingersoll and Ceperich** to analyze data from the several studies ongoing at the clinics, writing abstracts and papers, and assisting with grant project development. She finds time to create and present posters as well as papers at conferences, which in the past have included the Society for Neuroscience, Traumatic Brain Injury Conference, American Academy of Rehabilitation and Physical Medicine and the International Association of Physicians in AIDS Care (IAPAC). Last year Jennifer co-wrote a paper with **Dr. Penberthy** on psychiatric residency education, specifically teaching interpersonal skills. She hopes to continue her research on addiction in older adult population and other public health problems. Jennifer attributes her successes to her coworkers, who she describes as caring, passionate and highly competent team members... "they make very serious work less stressful and even enjoyable." In terms of life after the fellowship, because her interests are so vast, Jennifer has several ideas floating around. Still, she is almost certain she will continue to work at an academic medical center pursuing research, clinical work and teaching. Despite her busy schedule and traveling back and forth between the two CARE clinics in Richmond and here in C'Ville, Jennifer still finds time for other things. Specifically, she enjoys volunteering with the Charlottesville Free Clinic and the Richmond SPCA (as a dog jog buddy). She also spends time with her own dog, Darla, a black lab mix who she loves to play with. Her active side takes her running or snowboarding, while she also enjoys creative writing and reading.

Meet our Residents *Dr. Michael Ward, M.D.*



Michael Ward is currently entering his final month here in the Psychiatry Residency Program, after transferring two years ago from Tulane University four months after Hurricane Katrina struck New Orleans. Lucky for Michael he was away from the area at the time, and lucky for us he ended up here at UVA! The transition went smoothly with the support of the faculty and administration, and he now really enjoys working with such a great group of residents. Looking back, he says everything worked out for the best. Today, Michael splits his time among the regular fourth year duties, specifically outpatient visits at Northridge and studying for the boards, and has recently enjoyed rotations with **Dr. Chris Winter** in the Sleep Medicine Clinic, a rotation in the Neuropsychological Assessment lab, as well as various rotations at Western State Hospital. His clinical interests are in general adult psychiatry with a side interest in forensic psychiatry. Michael is currently job searching and is hoping to remain in the Charlottesville-Richmond area for now. He plans to work in the outpatient private practice arena, with a focus on medication management and psychotherapy.

In his free time, Michael enjoys listening to several genres of music and playing drums and guitar. Taking advantage of the local scenery, he also enjoys hiking, and mountain biking, but he doesn't hesitate to spend time watching movies from his Netflix queue or reading a good book.

Presentations...

Dr. Boris Kovatchev and **Dr. Marc Breton** attended the **2nd European Diabetes Technology** meeting, Innsbruck, Austria, late in January. Dr. Kovatchev was invited to chair a session "Current topics in diabetes technology," and to present on "Glucose sensing issues of the artificial pancreas: problems and solutions." Dr. Breton was invited to present on the topic of "Analysis, modeling, and simulation of the accuracy of continuous glucose sensors."

... and Publications

Wendy J. Lynch (2008) Acquisition and maintenance of cocaine self-administration in adolescent rats: effects of sex and gonadal hormones. *Psychopharmacology* (Berl), online.

Wendy J. Lynch, R. Kalayasiri, A. Sughondhabirrom, B. Pittman, V. Coric, P.T. Morgan, & R.T. Malison (2008) Subjective responses and cardiovascular effects of self-administered cocaine in cocaine abusing men and women. *Addiction Biology*, in press.

Heather Haughey, Ray LA, Finan P, Villanueva R, Niculescu M, Hutchison KE. The human GABA(A) receptor alpha2 gene moderates the acute effects of alcohol and brain mRNA expression. *Genes Brain Behav.* 2007 Nov 13

Karen S. Ingersoll and Jessye Cohen. The impact of medication regimen factors on adherence to chronic treatment: a review of literature. *Journal of Behavioral Medicine*, In Press.

Karen S. Ingersoll, Karen L. Cropsey, Carolyn J. Heckman. A Test of Motivational Plus Nicotine Replacement Interventions for HIV Positive Smokers. *AIDS Behav.* In Press.

Harsh, V, McGarvey, EL, **Anita Clayton**. Physiand Attitudes Regarding Hypoactive Sexual Desire Disorder in a Primary Care Clinic: A Pilot Study. *The Journal of Sexual Medicine*, Published on line January 2008.

SPECIAL RECOGNITION

Prof. Bankole Johnson's article that appeared in the October 10 issue of *JAMA* on topiramate for treating alcohol dependence continues to receive attention. It was recently selected for **Faculty 1000 Biology** and was evaluated by Dr. Markus Heilig. Faculty of 1000 Biology is an award-winning online service that highlights and evaluates the most interesting papers published in the biological sciences, based on the recommendations of over 2000 of the world's top researchers. It was launched in January 2002 and already over 85% of the world's top institutions subscribe. Papers are highlighted on the basis of their scientific merit rather than the journal in which they appear.

Anita Clayton. Symptoms Related to the Menstrual Cycle: Diagnosis, Prevalence, and Treatment. *Journal of Psychiatric Practice.* 14(1):13-21, 2008.

Anita Clayton, Campbell, BJ, Favit, A, Yang, Y, Moonsammy, G, Piontek, CM, Amsterdam, JD. Symptoms of Sexual Dysfunction in Patients Treated for Major Depressive Disorder: A Meta-Analysis Comparing Selegiline Transdermal system and Placebo Using a Patient-Rated Scale. *Journal of Clinical Psychiatry*, 68:1860-1866, 2007.

Daniel Cox, Melissa Moore, Roger Burket, Wilson HK, **Richard L. Merkel**, Mikami AY, **Boris Kovatchev**. Rebound effects with long-acting amphetamine or methylphenidate stimulant medication preparations among adolescent male drivers with attention deficit hyperactivity disorder. *J. Child & Adolescent Psychopharmacology*. February, 2008.

Daniel Cox, Mikami A, Cox BS, Coleman MT, Mahmood A, Sood A, **Melissa Moore, Roger Burket, Richard L. Merkel**, . Impact of Long-acting Methylphenidate on Routine Driving of Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD): two case reports. *Archives of Pediatrics & Adolescent Medicine*. In Press

Welcome
**Connor
Mendoza**



Eva Jenkins-Mendoza and Boyette Mendoza welcomed new son **Connor**. He was born on December 23, 2007, at 8:52pm and weighed 7 lbs 2 oz. We look forward to meeting him!



Taekwondo Classes Now Forming!

Sick of your normal workout?

Want to learn self-defense?

ATA Black Belt Academy is Charlottesville's premier site for learning the art of Songahm Taekwondo and self-defense led by instructor **Jim Tussey**. Whether your goals are to learn to defend yourself or loved ones, gain confidence in your abilities, maintain health, or you are just bored of your exercise routine ATA Black Belt Academy is the place for you. They offer classes for children, adults, and families.

Email atacville@gmail.com or visit:

www.atacville.com

First month of classes are FREE for Psychiatry Department members!



**GO
PATRIOTS!**

Welcome New Employees!

Anne McEwan

...has joined Dr. Ritterband's Center for Behavioral Health and Technology as a Senior Research Specialist

Christen Lambert

...joined the Richmond CARE clinic as a research specialist

Congratulations Tracie Kostelac!

...who is doing such a great job maintaining records in research database in UVA CARE, we have extended her temporary contract. Thanks Tracie on a job well done!

Valentines Day Idea?



Kim McCauley has 4 male purebred golden retriever puppies for sale! She is asking \$300. Send her an email at KDS5V@virginia.edu if you are interested!



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We're updating our
website:
[www.healthsystem.virginia.edu/
internet/
psychiatric/](http://www.healthsystem.virginia.edu/internet/psychiatric/)

**Edited by
Caitlin Novero**

AD ASTRA is the monthly newsletter created by the University of Virginia, Department of Psychiatry and Neurobehavioral Sciences. Our purpose is to keep the department informed of people and events that make this department at UVA extraordinary while promoting dialogue between researchers and staff.

GRAND ROUNDS

2/12/2008

Lynne Fleming – Legal Counsel

ATOPIC: Authorized Respresentation of Psychiatric Patients
BRING CASES!!!

2/26/2008

Jennifer Wartella, Ph.D.

Clinical Psychologist, UVA CARE
TOPIC: TBA

3/11/2008

Joseph Callicott, M.D.

Chief, Unit on Cognition and Psychosis Program
National Institutes of Mental Health
TOPIC: TBA

3/25/2008

Bernard D. Beitman, M.D.

Professor of Clinical Psychiatry
University of Missouri-Columbia
Department of Psychiatry
TOPIC: The Neural Circuitry of Psychotherapy

4/8/2008

David R. Rubinow, M.D.

Assad Meymandi Professor & Chair of Psychiatry
Department of Psychiatry
University of North Carolina at Chapel Hill
TOPIC: TBA

REMINDER

There will be a **Faculty Meeting** at the West
Complex at 4:00 on **Tuesday, February 5.**

See you there!

**Please continue to send your news, upcoming events, recently
published articles, and pictures for February.**

AD ASTRA