

# AD ASTRA

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## Inside this issue:

Meet Tomoko Yoshino 2

Meet Chriscelyn Tussey and Tim Jana 3

Presentations and Publications 4

Announcements and Achievements 5

Awards and Honors 5

New Employees 5

Grand Rounds 6

## Dr. Barth and Xenith Helmets

Recently, a popular topic on ESPN Sports Center has been the growing number of sports related concussions among high school and college athletes, and the very public debate in the National Football League regarding managing return to play decisions, and the cumulative effects of multiple head injuries in retired players. Commentators often suggest that the football helmet is designed to reduce concussion, and that present day headgear is state of the art protection. Yet historical practices and testing procedures place little emphasis on directly reducing brain injury, but rather, focus on preventing skull fracture. Dr. Jeffrey Barth may be in the follow-up headlines soon for the role he is playing in the collaboration between industry and academic medicine, seeking to resolve this dangerous misconception and provide true concussion risk reduction headgear.

Dr. Barth's interest in mild brain injury in the general clinical population began in 1979 when he and his colleagues in the Department of Neurological Surgery here at UVA began studying neurocognitive outcome following acceleration/deceleration head injuries suffered in motor vehicle crashes (MVC). Although significant deficits were noted post head injury in MCV, there was a need for a controlled environment to study such injuries. Dr. Barth and colleagues embarked on research that would help to validate their clinical findings by allowing for pre and post-concussion neurocognitive evaluations, using a population which was very likely to have a high incidence of acceleration-deceleration head injury: football players. Dr. Barth went on to create SLAM, the Sports as a Laboratory Assessment Model where brief baseline neurocognitive testing was performed on the entire football team at UVA, with post testing after a player suffered a concussion. In this way, true differences in neurocognitive function could be calculated using each player as their *continued on page 2...*

Flexible bonnet  
Serves as an anchoring point for the 18 shock absorbers, drawstring and strap. The drawstring and straps ensure a snug fit.

Shock absorbers

Drawstring

Faceguard

Strap

Chin piece



## Governor Kaine Approved Increased Mental Health Spending

Gov. Timothy M. Kaine announced last month that he approved a plan to invest \$42 million into Virginia's mental health system, which came under question since the tragedy at Virginia Tech where 32 students and faculty were killed by a gunman with a history of psychiatric problems. The new money will increase the number of "crisis stabilization units" designed to offer brief psychiatric intervention instead of immediate hospitalization.

Kaine also is expected to recommend more money to allow local community services boards to provide better monitoring of the mentally ill, including those who have been ordered into outpatient treatment, as Cho was 16 months before the Virginia Tech shootings.

Kaine's proposal follows closely the recommendations of the independent panel led by **Richard Bonnie** calling to revamp state mental-health laws.

## Administration Spotlight on *Tomoko Yoshino*

Tomoko is the Billing Specialist for the entire Department. She can be found on the 3rd floor of the West Complex where she oversees inpatient billing, compiles charges from all the sections clinical services, and maintains and enhances when necessary. Tomoko is currently celebrating her 22nd year as a member of the Department. She was a secretary for several years when Judy White recognized her outstanding potential and invited her to play a larger role in daily billing operations. Having Judy as a supervisor as well as working with the group of people she shares the 3rd floor with makes her job as wonderful as it is. Tomoko describes the group as a second family, always nice and willing to help each other out. Tomoko was an Employee of the Month when psychiatry was located at Blue Ridge Hospital and has been nominated for the UVA Outstanding Contribution Award in recent years. She takes additional coding/computer/system classes as needed and received Advanced Certification in TES from HSF.

Originally from Japan, Tomoko came to the US when she was 25. She traveled around the country, living in California, Chicago, Ohio, New York, and West Virginia, before finally settling down in C'Ville for her two daughters. Her children are all grown up now; one lives in California working in Investment Banking and the second lives outside of DC working as a computer programmer. She has two cats and two dogs to keep her busy now that her daughters left home.

Tomoko's favorite hobby outside of work is ballroom dancing. She started off just learning the Swing, but quickly moved on to the Waltz, Fox Trot, Salsa and so many more that she can not name a favorite style. She enjoys reading, especially the Harry Potter series, and watching movies.



### **Dr. Barth and Xenith Helmets** *continued from page 1*

own control. For over 20 years, Dr. Barth and his team collected extensive data area of research, and has led to the creation of the UVA Brain Injury and Sports Concussion Institute, which is headed by Dr. Barth and **Dr. Donna Broshek** and **Dr. Jason Freeman**. Because of his ground breaking work and subsequent decades of research, Dr. Barth is referred to as one of the "pioneers of sports concussion research and sports neuropsychology."

So when Dr. Vincent Ferrara, a former Harvard quarterback, decided to apply his medical and business degree background to the creation of a safer sports helmet, he contacted the seasoned expert in the field, Dr. Barth, to be a consult before the company, Xenith Sports, had even been born. Dr. Ferrara realized that football helmets, which use Styrofoam type inserts to lesson impacts, do not have sufficient cushioning or shock absorbing properties to reduce acceleration-deceleration brain injuries.

Dr. Ferrara contacted Dr. Barth to assist him in working with a group of engineers and other medical and sports professionals to define the problem and apply his unique concept for reducing acceleration to the head and brain. After many trial fabrications, the Xenith X1 football helmet was born. The new design incorporated 18 shock absorbing air discs with valves on them that control air release and the speed of deceleration regardless of how hard it is hit. The helmet has recently met and exceeded all NOCSAE (National Operating Committee on Standards for Athletic Equipment) test criteria, clearing a significant hurdle in becoming widely available to athletes. The next challenge is actually getting the athletes to wear them as athletes still have a choice of wearing any of several helmets approved by NOCSAE. When asked about their choice in helmets, players say the most important aspect to them is *how it looks*. The least concern for players is usually its protective value, yet it is up to Dr. Barth and the many other medical professionals whose priority it is to reduce neurologic risk in sports, to sensitize these players, coaches, athletic trainers, athletic directors, and team physicians to the consequences of concussions and the potential concussion prevention/reduction benefit of this new technology. The Xenith X1 covers all of the bases, including the "cool factor". Dr. Barth and Dr. Ferrara are eager to see the new technology helmets tested on the fields of UVA, and University of Georgia, to name a few, during spring training, where they expect to continue their concussion reduction research.

## Meet our Fellows

### ***Dr. Criscelyn Tussey***



**Dr. Criscelyn Tussey** is in her first year of the Forensic Psychology Fellow Program. Originally from Angeles City, Philippines, she received her Psy.D. in Clinical Psychology from Indiana University of Pennsylvania and came to UVA to obtain more

specialized training through the Postdoctoral Fellowship in Forensic Psychology which she feels has an excellent mix of clinical, didactic, and research opportunities. Criscelyn knew right from the interview that UVA was a place she would like to be and attributes the program's strength to her supervisors....who she describes as intelligent, dedicated to mentoring, and who treat her like a colleague. She has the pleasure of learning so much while enjoying the freedom to continue developing her own style. Criscelyn splits her time between Western State Hospital, a state hospital in Staunton, and the Institute of Law, Psychiatry, and Public Policy (UVA). At WSH, she is housed in the forensic unit where she is a part of the treatment team on the forensic ward, occasionally leading groups and meeting with patients individually, but most of her day involves conducting forensic evaluations all over the hospital, primarily evaluations of competency to stand trial and mental status at the time of the offense. She also attends grand rounds which offer a diverse didactic component. At the ILPPP, she conducts a variety of criminal and civil forensic evaluations and feels fortunate to receive excellent forensic training on topics such as juvenile forensic evaluations and sex offender evaluations. Criscelyn is currently working with Dr. Dave Rawls in hopes of piloting an assessment tool for trial competence at WSH. Outside of the postdoc, she is currently collaborating with faculty at James Madison University and the Office of Special Investigations of the Air Force to conduct research examining behavioral and psychological factors associated with the decredentiaing of agents. She is also teaching a Forensic Psychology class at JMU this spring semester. Criscelyn plans to get licensed this year and seek employment doing full-time forensic practice, ideally combining clinical work with research and teaching. In the near future, she will be working toward obtaining board certification (ABPP) in Forensic Psychology. When she finds some of those coveted "free moments," Criscelyn enjoys spending time with her husband, Jim. They both love taekwondo- in fact her husband just opened the ATA Black Belt Academy-Charlottesville- so she is there training a lot with him and his students. She also loves to read and travel.

## Meet our Residents

### ***Dr. Tim Jana***



**Dr. Tim Jana** is in his fourth and final year in the residency program.

After growing up in St. Louis, Missouri, and then attending medical school at the University of Missouri Kansas City, Tim turned to the ivy covered buildings of the University of Virginia for a change in scenery. Tim spends his time here working in the area of geriatric psychiatry by visiting area nursing homes beyond his general responsibilities with the outpatient clinic at Northridge. He also frequently offers his time at the Charlottesville free clinic where he supervises 3rd year residents. Upon completion of the residency program he plans to pursue his interest in geriatric psychiatry.

Tim is an avid sports fan, cheering on his team, the St. Louis baseball Cardinals, any chance he gets. For his birthday this year, he is planning a trip to Spring Training in Jupiter Florida (for those readers unfamiliar with baseball, just know that it is really cool!). When the Cards aren't playing he follows hockey. He and his girlfriend will be attending the NHL all-star game in Atlanta this January. Tim also spends time remodeling his townhouse. This winter he will be taking classes at CATEC (Charlottesville area technical education Center) to improve his handiness. Additionally, Tim enjoys daily walks with his two dogs: Roxie and Bailey. On occasion, Tim can be found in Penn Park polishing his tennis skills with fellow resident, Sean Munnely, where Tim enjoys taking advantage of Sean's mediocre back hand.

## Presentations, Interviews ...

**Edward Strickler** was invited to present on process, findings, and recommendations from multi-phase, multi-year community-based participatory research investigating transgender health needs in Virginia to a conference of the Illinois Department of Health.

**Dr. Kim Penberthy** did an interview with Channel 29 about Holiday blues and the stress related to the holidays. It aired live on December 19 during the early evening news.

On January 1, **Dr. Anita Clayton** appeared on several local and national news stations including Fox news and ABC news, discussing the initial clinical trials she is running to test the efficacy of a new drug that could help women who have lost interest in sex. The topical gel, known as *LibiGel*, is described as Viagra-like for women.

William Tsushima, Jack Annon, Kenneth Anchor, and **Jeffrey T. Barth** (Editors). *Advances in Medical Psychotherapy and Psychodiagnosis*, Vol 12, 2006-2007.

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**C.S. Alvarado**, F.R. Machado, W. Zangari, & **N.L. Zingrone**. Perspectivas históricas da influência da mediunidade na construção de idéias psicológicas e psiquiátricas [Historical perspectives of the influence of mediumship on the construction of psychological and psychiatric ideas]. *Revista de Psiquiatria Clínica*, 2007, 34 (supp.1), 42-53.

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## ... and Publications

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**Clayton, AH**. Epidemiology and Neurobiology of Female Sexual Dysfunction. *The Journal of Sexual Medicine*. 4(4):260-268, 2007.

DeRogatis, L, **Clayton, AH**, Lewis-D'Agostino, D, Wunderlich, G, Fu, Y. Validation of the Female Sexual Distress Scale-Revised for Assessing Distress in Women with Hypoactive Sexual Desire Disorder. *The Journal of Sexual Medicine*. On line Publication.

Yarlagadda, AR, Brown, AB, **Clayton, AH**. Onset of Obstructive Sleep Apnea After Initiation of Psychotropic Agents. *Primary Care Companion, Journal of Clinical Psychiatry*, 9(6), 2007

Sharma, R; Jarjour, WN; Zheng, L; **Gaskin, F**; Fu, SM; and Ju, S-T Large Functional Repertoire of Regulatory T Cell Suppressible Autoimmune T Cells in Scurfy Mice. *J. Autoimmunity* vol 29, 10-19, 2007

Zheng, L; Sharma, R; **Gaskin, F**; Fu, SM; and Ju, S-T. A Novel Role of IL-2 in Organ-Specific Autoimmune Inflammation beyond Regulatory T Cell Checkpoint: Both IL-2 Knockout and Fas Mutation Prolong Lifespan of Scurfy Mice but by Different Mechanisms *J. Immunology*, vol 179, 8035-8041, 2007

**Welcome  
Andy Moore**

**Melissa** and **Chris Moore** welcomed new son **Andrew Charles Moore**. He was born December 18 at 5:52pm and weighed 8 lbs 4 oz. We look forward to meeting him!

**Awards and Honors**

**Dr. Bruce Greyson** and **Prof. Bankole Johnson** were recognized among the "Best Doctors in America" by Best Doctors Inc.

**Eileen P. Ryan** was invited to be a Reviewer for "Current Psychiatry"

**Dr. Gregory Saathoff** received a joint appointment as Associate Professor of Emergency Medicine during the month of December, 2007.

**ACHIEVEMENT**

**Lora Baum Earns Certification in Hypnosis**

**Lora D. Baum**, Ph.D. has recently earned certification in clinical hypnosis at the Approved Consultant Level through the *American Society of Clinical Hypnosis*. This advanced level recognizes individuals who have obtained advanced training in clinical hypnosis and who have extensive experience in utilizing hypnosis within their professional practices. Approved Consultants are qualified to provide individualized training and consultation for those seeking Certification.

**ANNOUNCEMENT**

Jones and Bartlett Publishers will release *The Crisis Guide to Psychotropic Drugs and Poisons*, by **Gregory Saathoff** this month. The book is described as a quick, concise guide to drugs that are commonly involved in crimes. Designed for the law enforcement or consultant health pro on the scene of a developing crime scene, this easy to carry pocket guide is a must-have reference!

**Welcome New Employees!**

**Juliana Frosch, CNS.**

... will be a part time clinical nurse specialist for the telemedicine project with Dr. Merkel beginning January 28

**Leslie Bobb**

... has joined Richmond clinic as a Research Specialist

**Mudhasir Bashir, M.D.**

... was hired on as a permanent Assistant Professor/Attending clinical psychiatrist position effective Christmas Day

**Dan Murrie, Ph.D.**

...was hired as an Associate Professor and will join the ILPPP section

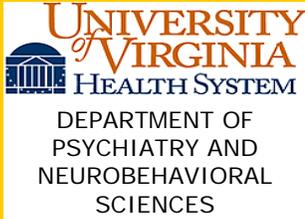
**Heather Haughey Ph.D.**

... joins the Department as an assistant professor in the Human Lab/CPRU

**ANNOUNCEMENT**

On Tuesday December 11, **Ed Kantor** was one of several members of the Psychiatric Society of Virginia and the Medical Society of Virginia to meet with area delegates to discuss commitment reform. The psychiatrists provided general information to the Delegates and answered several specific questions about possible reform concepts during the 2008 General Assembly session.

MSV and PSV will organize physicians to be present at subcommittee hearings to serve as expert resources to the legislators. These hearings will likely take place on the afternoons/evenings of Friday January 18 and Friday January 25. Please contact Cal Whitehead at [cwhitehead@whiteheadconsulting.net](mailto:cwhitehead@whiteheadconsulting.net) if you are interested in participating



*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

**1/8/2008**

**Dede M. Haverstick, Ph.D.**

Associate Professor of Pathology  
University of Virginia

**TOPIC:** The Urine Drug Screen as Performed by  
UVA Medical Laboratories

**1/22/2008**

**Christopher P. Holstege, M.D.**

Associate Professor of Emergency Medicine and Pediatrics  
Director, Blue Ridge Poison Center  
Department of Emergency Medicine  
Division of Medical Toxicology

**TOPIC:** Criminal Poisoners

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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**



### THANK YOU!

Because the Department's overwhelming participation in adopting a family for Christmas we collected over 20 presents each for the two girls and mom- everything on their "wish list" and more—including new bedding, a set of pots and pans, a vacuum cleaner, and winter coats and clothing. Beyond the presents above the family also received gift certificates for food (\$100) and gasoline (\$50). A special thanks to *Teresa Woodson* for organizing the event and to everyone on the 3rd floor West Complex for providing their gift wrapping skills. Everyone's generosity was truly appreciated!

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

**AD ASTRA**