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Telemedicine at Child and Family Reaches Two Landmarks

On May 1st, Telemedicine at the Child and Family Clinic will have two causes for celebration. For one, this day marks the two year anniversary of the first patient seen through telemedicine at the clinic. Second, within those two years they have conducted over 1500 patient visits!

Telemedicine was first introduced five years ago as a way of providing consultations through UVA to towns that were underserved by medical specialists. Typically, a primary care physician from such a town would call into the University's telemedicine office and request a consult for any number of specialties. When a consult was requested specifically for child psychiatry, **Dr. Roger Burket** would travel down to the office and provide basic psychiatric consultations.

Noticing a growing trend of referrals from rural areas of the state, **Dr. Jim Tucker** began to investigate the possibility of opening a telemedicine outpost within the Child and Family Clinic. He contacted Com-

munity Service Boards (CSB) throughout the state to offer services through telemedicine. The Danville-Pittsylvania CSB quickly responded and jumped on board with the additional bonus of funding. Dr. Burket worked with Virginia Medicaid to help make this financially possible for the CSBs. Six months later the clinic began providing 8 hours a week of telepsychiatry to the children of Danville. This town in particular had no child psychiatrist and since Charlottesville was the only option, children had been forced to travel 2 ^{1/2} hours each way to receive treatment, causing them to miss entire days of school...

continued on page 2



2nd year fellow **Dr. Mayin Wong, D.O.**, during a telemedicine session

Dr. Wendy Lynch Secures First RO1 Grant

Dr. Wendy Lynch was very excited this past month when she learned that she had been awarded her first RO1 grant to further her animal studies in the neurobiological basis of addiction in males and females. Research has uncovered several behavioral differences between the sexes which suggests to Dr. Lynch that the underlying mechanisms are likely to be different as well. However, to this point all previous research has only focused on studies in males.

Dr. Lynch's grant will also allow her to investigate the neurobehavioral mechanisms underlying sex differences in drug taking behavior at different stages in the addiction process. During initial phases of the addiction process, an individual will take a drug because of its rewarding or euphoric effects, which researchers are certain is the effect of dopamine. Dr. Lynch suspects that females are more vulnerable during initial stages because they experience heightened reward due to estrogen/dopamine interactions. If estrogen makes a difference at this stage then the next step, where the behavior turns into an addiction, is likely to be different as well. During this later "addicted" *continued on page 3*

Telemedicine *continued from page 1*

The project is now being led by Dr. Tucker who trains the Child Fellows on the telemedicine rotation with additional supervision and training being provided by Dr. Burket, **Dr. Eileen Ryan** as well as **Dr. Melissa Moore** while she was on our part time faculty. They train each of the 6 Child and Family Fellows, who are performing the majority of the therapy, on both the practical aspects of the therapy, such as writing prescriptions and ordering labs outside of UVA, as well as the challenges of providing treatment while the patient is removed from their immediate environment. Connecting with the patient and establishing a level of comfort and rapport can sometimes prove more difficult through a television screen. Fellows are taught skills specific to telemedicine such as using the zoom feature on the monitor to make the patient feel as though the doctor is right there in the room. Watch out though... zoom in too much and the fellow may not see other people in the room such as a parent or social worker, which may alter the session. Usually after only one session, both patient and doctor forget they are talking through a TV screen.

Besides the obvious difference of geography, much of the patient's experience remains similar to that of a patient who actually walks through the door of the clinic. The child becomes a UVA patient, the initial evaluation is about an hour long given by the fellow including supervision from the attending, and the follow-up appointments and medication management sessions last about 30 minutes. They are also staffed and scheduled identically to regular visits. Dr. Burket admits that occasionally when he is supervising he will not know if the patient being seen is through telemedicine or actually in the office. The issues they are treating remain the same and therefore so does the high quality of care.

The benefits of the telemedicine are numerous. Telemedicine serves as training for Fellows in community systems, giving them skill which only makes them more attractive to future employers, plus fills a gap in the care of the psychiatric health of children in underserved areas in our state. The partnerships are also

financially beneficial for the Department because the CSBs take on most of the administrative burden, including billing and no-shows, since the psychiatrists are contracted out and paid for on an hourly basis. The psychiatrists have also found that no-shows and cancellations are less frequent through telemedicine than in-office visits. In this day and age, children are used to learning on a screen and thus it is also possible that telemedicine provides a forum for shy children to receive the most successful treatment.

Since the partnership began, Danville has received more funding and with it has upgraded to a larger and higher resolution monitor, as well as expanded their hours to 16 each week. Also, Southside CSB, which includes the areas east of Pittsylvania bordering North Carolina, has set up 6 hours each week of telemedicine service for their children. Drs. Burket and Tucker would like to continue to diversify the areas of Virginia that they are serving and see increased participation of CSBs.

There is some excitement that the new focus on state mental health may lead to further funding and therefore more outreach. They are also interested in learning about what other services they can provide through telemedicine. Right now they are only performing basic evaluations and medication management. Perhaps there is the potential to provide medication and behavioral advice to systems and groups. One step further may be providing psychotherapy through telemedicine.

Child psychiatry is extremely underserved, therefore there really is an unlimited patient base for which telemedicine can be used to serve. Of the 135 localities in Virginia, 87 have no public child psychiatrist, and half of the state's psychiatrists are clustered in seven localities, including C'ville, Richmond, and Northern Virginia. Telemedicine opens the doors to those children who otherwise would go untreated. Telemedicine opens the doors to those children who otherwise would go untreated. As society becomes increasingly reliant on technology it is easy to imagine growth of partnerships and success stories of our children in the future and so we can grow increasingly proud of the service our faculty and fellows in the Child and Family are providing.



Dr. Tucker and Dr. Burket at the Child and Family Clinic on Old Ivy Way

Dr. Donna Broshek and TBI Awareness Month

March was National Brain Injury Awareness month and **Dr. Donna Broshek** was a very active participant. She was invited to represent the **National Academy of Neuropsychology** (NAN) alongside Dr. Ruben Echemendia, President of NAN, at the Traumatic Brain Injury Awareness Day on Capitol Hill. There they met with several members of congress who requested their expertise and perspectives on developing proposals for legislative action and were excited by the prospect of NAN acting in an advisory role for them. The event was an excellent opportunity to enlighten congress on the current issues of neuropsychology, particularly regarding TBI because of the brain injured soldiers returning from war in Afghanistan and Iraq.



Dr. Broshek with Congressmen Bill Pascrell & Dr. Ruben Echemendia (right)

On March 10 Dr. Broshek spoke as a panel member on the topic *Mild and Moderate Traumatic Brain Injury: Returning to Work, Returning to Life* at Jordan Hall. **Dr. Jeffrey Barth** made introductory remarks and moderated the panel. The talk was open to hospital staff and students as well as the general public, so along with healthcare workers hoping to gain a better understanding of their patients' lives there were also several individuals who had brain injuries themselves. During the talk Dr. Broshek commented on gender differences in recovery and stressed the importance of taking gender into consideration when evaluating and treating brain injury. She was also able to highlight research conducted by the Neurocognitive Assessment Lab using the sports concussion model to help them better understand the clinical population with brain injuries.

Dr. Broshek was very impressed by the enthusiasm of the audience who asked great questions during the Q&A session and were very involved in discussion. What impressed and encouraged Dr. Broshek the most occurred following the talk when several members of the audience got together and formed a C'Ville support group for individuals with brain injury. The new support group is a perfect product of Brain Injury Awareness month and lectures such as these whose overarching purpose is to increase awareness in brain injury and the issues that surround it.

Dr. Lynch's Grant continued from page 1

phase, however, neurotransmitter systems other than DA are also thought to be involved and factors other than the drugs rewarding effects drive behavior. For example, an individual will take a drug because they crave. This leads to the question of what underlying mechanism is causing the change from a *want* to a *need*.



Dr. Lynch is excited to dive into such a new and untouched area of research. To this point only a few studies

have been done looking at sex differences, and of those there has been nothing done using drugs nor looking at the different stages of addiction. The area is wide open for investigation, what more could a researcher want?!

CHARLOTTESVILLE BRAIN INJURY SUPPORT TEAM

Meetings: 3rd Tuesday of the month
Next meeting will be on **May 20th**

At the UVA HealthSouth Rehab Hospital
1st floor conference room, 515 Ray C. Hunt Drive

For more information call Carol at
(434) 969-4597 or email at
dblmiracle@hotmail.com

Or John at
zeeelma@yahoo.com

Educational

Emotional
& Spiritual
Support



Social

Encouraging

Administrative Spotlight on *Teresa Woodson*

Teresa Woodson is our Administrative Staff Assistant at the third floor offices of the West Complex, but her title does not even begin to encompass the range of responsibilities she has. She provides administrative support to Drs. Sabeen, Bashir, and Holroyd with their nursing home billing, to Dr. Canterbury with scheduling and patient visits, and Dr. Clayton in manuscript tracking and submission. Teresa maintains our five storage units that are filled with old billing/administrative/ student/accounting/ grant records, ensuring that the Department adheres to HIPAA and JACHO regulations. She serves as the liaison with the hospital for JACHO and regulatory visits and came up with a provider manual for staff to reference. Teresa also coordinates moves when faculty/divisions/staff relocate. She spends a fair amount of time working on a number of special projects including special administrative and faculty reports, conference/ seminar coordination, supervision of our other administrative assistant (Rebecca Johnson), and reviewing/ updating/maintaining the space database for the Department. And in her spare time, Teresa also coordinates parties (our fabulous Christmas party, heartfelt retirement events, etc.) and our participation in both the Commonwealth of Virginia Campaign (United Way) and adoption of a family at Christmastime.



Teresa's supervisor thinks her most outstanding attributes are the fact that she is willing to learn and do any task that needs done including those that aren't in her "job description" and her special knack for learning computer programs and willingness to help others who struggle in that area. She is truly a master of all she does.

Teresa's free time is defined by the schedules of her two children, Cody (17) and Ashley (15). Cody plays basketball in a YMCA League, is on a travel paint ball team and made Varsity baseball for Monticello High school this year. Ashley plays basketball in a YMCA League, is on a travel softball team, JV field hockey, and made the Varsity softball team as a freshman at Monticello! When she can, Teresa likes watching football games on TV -- her favorite team is the Dallas Cowboys.

The First Artificial Pancreas Trials to Begin Here at UVA

Ad Astra previously reported that **Dr. Kovatchev's** group received FDA approval for a computer simulator of the human metabolic system to be used as a substitute to animal trials. On April 18th, they were granted (the first ever to their knowledge) FDA investigational device exemption based solely on in silico simulation experiments. They are now permitted to test closed-loop control of diabetes (artificial pancreas) in people, without prior animal trials. This alone cut the development time from several years to under 6 months. The clinical trial will begin next month both in Italy and here at UVA. It will be the first trial worldwide of subcutaneous model-predictive closed-loop control using a new internationally developed control algorithm.

ANNOUNCEMENT

Addition to the neuropsychology seminars...

Peter Lichtenberg, Ph.D., ABPP, will be making a presentation during a visit in June. His talk will be on Geropsychology, Capacity Assessments, and Working with the Courts. This will take place on June 10th at 4:00 in the Psychiatry Library.

Feel free to contact **Chris Bailey** if you have any questions

CMB4KY@viginia.edu

Meet Our Fellows

Chris Bailey, Ph.D.



Chris is in his first of two years as a Neuropsychological Post-Doctoral Fellow. He was selected through the match system after completing graduate training in Clinical Psychology at Penn State, with an internship year at UNC.

During this time, Chris developed a research interest in sports-related head injury, making UVA a perfect match with Drs. Broshek, Freeman, and Barth in the Neuropsych Lab. His more recent research interests include examining how personality and motivation influence neuropsych testing. His previous research has demonstrated that some athletes have poor effort on baseline testing which could influence return-to-play decisions. He is using data gathered from both Penn State and UVA to continue to investigate personality, motivation, and neuropsych testing. In his fellowship, half of his time is spent in the Neurocognitive Assessment Lab at UVA, where he conducts outpatient evaluations for a variety of conditions (concussion, traumatic brain injury, epilepsy, stroke, organ transplant candidates, etc.). The other half of his time is spent at Western State Hospital, where he conducts evaluations on inpatient psychiatric patients. This work is strongly matched to his interests in forensic neuropsych assessment, given that approximately 40% of the WSH population have a forensic status. He is interested in understanding more about the identification of malingering (when people purposely feign cognitive or psychiatric illness in order to gain money or other benefits) and is currently submitting a proposal to examine this further with Dr. Marcopulos at WSH. In the upcoming years, Chris hopes to secure a position in a hospital, academic or VA, with a strong clinical emphasis while retaining a hand in research.

In his free time, Chris enjoys spending time with his wife, who is the director of the Jumpstart program at UVA (an Americorp program). With family relatively close by, he frequently travels to Alexandria and Charlotte. He also enjoys playing basketball a couple of times a week with the Neuropsych Group and spending time with his pets: 2 cats and a dog.

Dave Renfrow, M.D.



Dave is in his second and final year as a Child and Adolescent Psychiatry Fellow. After earning his M.D. at Temple University he completed three years of his residency here at UVA before starting the child program. Dave was the self-proclaimed "Sergeant Psych-Out" in his third year of residency, coordinating community psychiatry events and notifying the listserve about concerts, lectures, and other fun events in C'ville. This year, he developed a list of job search questions that residents might have and with the help of Laura Covert collected past graduates' responses. Dave hopes this project in addition to a compilation of study suggestions for the boards will continue to evolve and will be good resources for upper level residents. There many people who provided excellent teaching and guidance during residency and fellowship, but Roger Burket, Patty Porterfield, and Andrea Bauchowitz stood out in his memory for the multiple years of supervision.

Three days a week Dave can be found at the Commonwealth Center for Children and Adolescents where he performs admission interviews, follows the care of children throughout their stay, and dictates with a sense of nostalgia on cassette tapes. Twice a week he holds down the fort at the Child and Family Psychiatry Clinic providing outpatient services. After completing his fellowship, Dave will be moving to Rome, Georgia in July to join the Harbin Clinic, a multi-specialty physician owned and operated clinic. Dave is very excited that the clinic utilizes some alternative treatments and research methods including neurofeedback with the goal of improving ADHD and other common conditions. He is looking forward to be moving into SEC country but is still baffled by the South's addiction to cars driving really fast in a circle, wondering if "perhaps it is something topiramate can fix."

In his free time Dave likes to explore the Charlottesville restaurant and music scene with his wife Kim and they enjoy spending quality time with their two SPCA dogs and cat. They would all love to have some visitors to their new home in northwest Georgia!!

Presentations...

Dr. Laura Campbell presented the poster *Executive Function and Coping in Survivors of Acute Lymphocytic Leukemia* which was based on her dissertation at the National Child Health Psychology conference in Miami, FL, on April 12.

Dr. Campbell also gave a talk on April 24 on psychological issues associated with childhood obesity and its treatment as part of a childhood obesity training program the UVA Children's Fitness Clinic is hosting for members of the Craig County Health Department and Schools.

Dr. Janet Warren presented *Creating a risk model for sexual coercion in prisons* and on *Research on Juveniles being Restored to Competence* at the National GAINS System Conference from March 24 - 26.

Edward Strickler, Jr. MA,MA,MPH, presented an invited workshop on health disparities and cultural competency in providing care with underserved, at risk, populations, in the example of lgbt (lesbian, gay, bisexual and transgender) health, with forty physicians assistants and faculty, in the Behavioral Medicine course for Physician Assistants, of the Jefferson College of Health Sciences in Roanoke Virginia, on February 28, 2008.

...and Publications

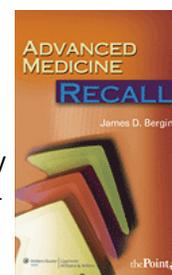
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NAN Policy and Planning Committee, Cheryl H. Silver, Ronald M. Ruff, Grant L. Iverson, **Jeffrey T. Barth**, **Donna K. Broshek**, Shane S. Bush, Sandra P. Koffler, Cecil R. Reynolds. Learning disabilities: The need for neuropsychological evaluation. Archives of Clinical Neuropsychology, Volume 23, Issue 2, March 2008, Pages 217-219

Kim KY, Detweiler MB: Preventing falls in older adults with dementia. Federal Practitioner. 2008; 25 (4): 11-14.

Anita Sim, Terryberry-Spohr, L., & Wilson, K. R. (2008). Prolonged recovery of memory functioning following mTBI in adolescent athletes. Journal of Neurosurgery, 108, 511-516.

Dr. Suzanne Holroyd and **Dr. Kurt Micelli** published the psychiatry chapter in Dr. James D. Bergin's book, *Advanced Medicine Recall*, this past month. It is written primarily for fourth year medical students, sub-interns, and interns and expands upon the core clinical specialty areas within internal medicine.



SPECIAL RECOGNITION

Prof. Johnson, Dr, Ait-Daoud, and the other members of the UVA CARE and addiction studies team were recently recognized for their efforts in the University of Virginia's Spring 2008 issue of the *Medical AlumNews*. The article follows recovering alcoholic Aubrey Barnes through his participation as a research subject in a study using Topiramate and the efforts (and successes) of the CARE team to keep him sober.

Fond Farewells to Faulty...

We wish **Dr. Sherry Ceperich** well as she embarks on a new career direction, taking a position as a psychologist in the new nationally-recognized Polytrauma unit at the Richmond VAMC. Dr. Ceperich has been a faculty member in our department since October of 2005. She quickly assumed leadership roles, including becoming the chair of the UVA Alcohol Advisory Committee and the lead investigator of the Health Behavior Survey that assesses drinking habits and other health habits among UVA students. She has provided valuable service to the CDC in Atlanta, overseeing their dissemination of alcohol-exposed pregnancy prevention methods in 5 states. At UVA, she has served as a coinvestigator, clinical supervisor, and mentor for staff on an NIAAA grant aiming to reduce the risk of alcohol-exposed pregnancy, a NIDA grant aiming to improve the health of cocaine abusers living with HIV, and a psychotherapy process-outcome study. She has overseen the implementation of two clinical trials at the Richmond CARE clinic. She has been a close collaborator with **Dr. Ingersoll** for 8 years. Sherry has been a wonderful addition to our CARE clinics in Charlottesville and Richmond and has worked closely with **Dr. Penberthy** and the staff at CARE- we will miss her smiling face and positive attitude so much, but wish her the best of luck!!



Dr. Ingersoll, Theresa Ly, & Dr. Ceperich

...and Staff

Leah Farrell is a Ph.D. student in clinical psychology at Virginia Tech who came to UVA CARE during the summer of 2006 as a clinical psychology extern. In the summer of 2007 she began to work fulltime as a research therapist on the CART Study and Project EARLY with **Dr. Ingersoll** and **Dr. Ceperich**. She will be leaving her post this summer for the pre-doctoral clinical psychology internship program at the Hunter Holmes McGuire Veterans Affairs Medical Center in Richmond, Virginia.

Congratulations

Tracie Kostelac

...who was hired as a Research Data Specialist at the UVA CARE clinic at the North Fork Research Park.

Theresa Ly has been working in the CARE clinic since January 2007 as a Research Specialist with **Dr. Ingersoll** on the EARLY and CART Projects. This month she is heading back to California to earn her Masters in Public Health at Berkeley. A long 30 day road trip back awaits her!

Qing Xu will be returning to China to be back with her family this month after working with **Dr. Li** in his genetics studies lab for the last two years. She plans on continuing her research upon her return in one of several positions available.

Oh the places you will go...

It is that time of year where we must bid our residents and fellows farewell. Here is a list of what waits ahead for some. Best of luck to all!

Tim Jana is looking forward to staying in the Charlottesville area where he will be an inpatient attending at Western State Hospital in Staunton, VA.

Shane Rau will be a Clinical Assistant Professor on faculty in the Department of Psychiatry at the University of North Carolina at Chapel Hill. The primary focus of his position is to serve as an attending physician on the Clinical Research Unit (CRU) of Central Regional Hospital (CRH). CRH is one of North Carolina's three state psychiatric facilities. He will also serve as an attending physician in UNC's STEP (Schizophrenia Treatment and Evaluation Program) Clinic about one day a week. In addition, he will have the opportunity to supervise and train residents and medical students as part of the department's general faculty.

Laura Tate-Santiago is planning to stay in C-ville and will be taking a position at WSH on a dual diagnosis, long term unit. She also is expecting her first child, a baby girl, on September 4!

Jennifer Wabin is planning on doing Locums Tenens for the next 2 years....we will keep you posted on her travels!

Jeff Overdyke is moving back to his hometown of Shreveport, La., where he will be working at the VA.

Sujatha Ramamurthy will be a part-time hospitalist CJW hospital system in Richmond as well as an independent contractor for an Inpatient Psychiatry/ Psychiatry Consultation private practice group in Richmond.

Bruce Lovelace will be moving to Wellington, New Zealand, where he will be providing child psychiatric services at the Capital and Coast District Health Board.

David Renfrow will be moving to Rome, Georgia in July to join the Harbin Clinic, a multi-specialty physician owned and operated clinic.

Daniel Harvey will be leaving UVA for a Neuropsychologist position at the Louis Stokes Cleveland Veteran's Affairs Medical Center in the late spring.

Anita Sim accepted a neuropsychologist position at the Minneapolis VA Medical Center in their Polytrauma section.

Kurt Miceli will be attending the Darden School of Business here at UVA. We might be so fortunate as to see him continue to wander the halls of the West Complex from time to time in the upcoming years.

ACHIEVEMENT

Dr. Linda Gonder-Frederick has received the first annual **Heilman Award** from the Charlottesville-Albemarle AIDS/ HIV Services Group in recognition of 20 years of services and volunteer work. Quite an accomplishment, congratulations!

ACHIEVEMENT

Dr. Yad Jabbarpour, Chief of Staff at Catawba Hospital and Clinical Assistant Professor, has been chosen by the **American Psychiatric Association** as a Member of the Committee on Standards and Survey Procedures and for an additional term as Consultant to the APA's Committee on Patient Safety.

Yad has also recently been appointed to the Joint Commission's Behavioral Healthcare Professional and Technical Advisory Committee (PTAC).



DEPARTMENT OF
PSYCHIATRY AND
NEUROBEHAVIORAL
SCIENCES

Phone: 434-982-4116

Fax: 434-924-5149

cmn3j@virginia.edu

Box 800623

Charlottesville, VA

22908

Visit our website:
[www.healthsystem.virginia.edu/
internet/
psychiatric/](http://www.healthsystem.virginia.edu/internet/psychiatric/)

**Edited by
Caitlin Novero**



Our very own editor was recently accepted into the doctoral program in Clinical Psychology at the Curry School at the University of Virginia. This is a very prestigious doctoral program that typically accepts only 6 students each year and their graduates are highly regarded within the field. Caitlin's acceptance is an impressive achievement and we look forward to her success!

No worries though...Ad Astra is here to stay!

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, clinicians, and staff.

GRAND ROUNDS

May 13

Kurt Miceli, M.D.

Chief Resident in Psychiatry
University of Virginia Health System

TOPIC: Normal Personalities

May 27

Shane Rau, M.D., Ph.D.

Chief Resident in Psychiatry
University of Virginia Health System

TOPIC: Cognition in Schizophrenia

Neurobiology Section Lunch Seminar Series

North Fork Research Park

Time 12:00Noon - 1:00pm

Lunch will be provided

May 9

Jill Venton, Ph.D.

Department of Chemistry

TOPIC: TBD

May 23

Vesna Todorovic, M.D. , Ph.D.

Department of Anesthesiology

TOPIC:

"General Anesthesia and Young Brain--How Can Something So Good Be So Bad?"

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

AD ASTRA