

AD ASTRA

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The Costa Rican Collaboration

It has been a very exciting month for the department as we welcomed the new partnership with ACERPA (Asociacion Centro de Rehabilitacion para el Adicto). ACERPA was founded by a group of addiction experts in San Jose, Costa Rica, who realized the necessity for treatment of the growing problem of alcohol and drug addiction within their country. During the three-week training, the Costa Rican team, comprised of Dr. Mariella Tanzi, registered nurse



Lorena Serrano, RN, Mariella Tanzi, MD, Danilo Leon MBA

Lorena Serrano, and business director Danilo Leon, was introduced to standard clinical and research procedure at UVA. This relationship will bring new techniques and information to those at ACERPA as well as provide a new patient base for our researchers and clinicians here at UVA. Dr. Tanzi left UVA saying " we are eager to join you in doing research in drug addiction because you showed us that it is the way to help people get over this incapacitating disease, using psychological techniques and medicine that have improved their value in drug addiction treatment ." Dr. Tanzi was impressed by not only the high level of professionalism, but of a human warmth that each member of the UVA Psychiatry Department showed throughout their visit. A special thanks to Greg Shifflett for his organization of the trip and to all who went over the top to make the team feel at home here at UVA. *Pura vida!*

Dr. Ait-Daoud Receives \$2.8 Million NIH Grant

Prof. Johnson announced on September 6 that **Dr. Nasimma Ait-Daoud** has been awarded a new NIH grant for \$2.8 Million to further her studies in the development of new medications to treat cocaine dependence. It is another important step in a series of faculty accomplishments supporting the growth of the female members in our department. Congratulations to all of our faculty members who have also received substantial grants from NIH!



Bonnie Chairs Commission on Mental Health Law Reform

Following the tragedy at Virginia Tech we were all reminded of the necessary investment in community mental health services. Already aware, the Chief Justice of Virginia appointed **Richard Bonnie** to lead a taskforce on mental health law reform by studying ways to use the law more effectively to serve the needs of people with mental illness. Some goals include improving access to mental health, mental retardation and substance abuse services, reducing criminalization of people with mental illness, and helping young people with mental health problems and their families before these problems spiral out of control. *Continued on page 2*

Dr. Marzani-Nissen Receives *Leonard Tow Humanism in Medicine Award*

Each year the University of Virginia School of Medicine presents awards celebrating the humanistic practice of medicine to one faculty physician and one graduating student. This year our own **Dr. Gabrielle Marzani-Nissen** was honored with The Leonard Tow Humanism in Medicine Awards. She received a \$1,000 cash prize generously provided by the **Arnold P. Gold Foundation**. Students, residents and faculty members vote on the candidate who best demonstrates out-

standing compassion and empathy in the delivery of care, respect for their patients, their patients' families, and healthcare colleagues, as well as who best demonstrates clinical excellence. Posy, as she is referred to by students and colleagues alike, serves as a role model by being accessible to students while welcoming opportunities for teaching and one-on-one mentorships. Congratulations!



Dr. Bruce Greyson is NPR's *Best* interview

This past July, *With Good Reason*, Virginia's only state-wide public radio program, won a national award for a program it produced on near-death experiences featuring **Dr. Bruce Greyson**. The program, titled "Into the Light," won second place for "Best Interview" in the Public Radio News Directors International Awards competition. He discussed data collected that has produced clear patterns in the long-term health of those who have experienced near-death phenomena, including feelings of comfort and lack of pain, a sensation of leaving the body, and a sense of deep understanding of events of the past and of events of the future.

The Addiction Project Wins an Emmy

At the September 8 Creative Arts Emmy Awards, *HBO* was presented with the prestigious **Governors Award** for *The Addiction Project*. The Governors award is given to individuals or organizations committed to important social causes. Prof. Johnson and the alcohol treatment program here at UVA were featured in HBO's acclaimed fourteen-part documentary series *Addiction*. *The Addiction Project*, an extension of the documentary, was an unprecedented



multi-platform and outreach campaign with events in over 100 cities aimed at helping Americans understand addiction as a chronic, but treatable, brain disease.

Adult Forensic Training October 8-12

The Institute of Law, Psychiatry and Public Policy announces their October symposium entitled Basic Forensic Evaluation: Principles, Practice, and Foundation in Virginia Law. This five-day program provides basic legal, clinical, and evidence-based training in the principles and practices of forensic evaluation, appropriate for juvenile and adult forensic evaluators. The agenda includes adjudicative competence, insanity, criminal sentencing, malingering, report writing, courtroom testimony, and ethics in forensic practice. The format combines lectures, clinical case material, and practice case examples. To complete the training program successfully, and be presented to the DMHMRSAS Commissioner as eligible to conduct forensic evaluations, participants must pass a written examination and submit written evaluation products, in consultation with ILPPP faculty. Juvenile evaluators will be offered additional training, case materials, mentorship, and supervision to ensure that they receive the unique juvenile training requirements.

For registration information, please call 434.924.5435.

Bonnie Chairs Commission *continued from page 1*

In December the taskforce will present a blueprint with recommendations for reform. The commission has much support from the government and legislature and, based on the progress thus far, Bonnie feels confident on their potential for making the correct and necessary changes.

Meet our Chief Residents

Dr. Kurt Miceli, MD

Dr. Kurt Miceli is in his final year here in the Med/Psych program. He is very interested in the interplay of medicine with business and politics and has been involved with the Medical Society of Virginia, where he is currently the chair of our Resident-Fellow Section. One of his highlights last year was traveling to Hawaii with 555 national delegates to the AMA's House of Delegates. After a successful run here in the Psychiatry Department, he hopes to turn his career toward hospital administration. So we may see him at The Darden Graduate School of Business in the years to come. In his free time, and if you are lucky, you can catch Kurt signing Karaoke at *Baja North* to keep resident morale high.



As chief, I'm very fortunate to work with Shane and an entire class of residents dedicated to clinical care. We have a wonderful group, and I've been truly blessed to be a part of this experience. It feels very much like a family at UVa and I'm thankful for that.

-Dr. Kurt Miceli

Dr. Shane Rau, MD, PhD

Dr. Shane Rau is in his final year of the General Adult Psychiatry Residency, from where he hopes to move toward a career in translational research in the field of schizophrenia. He has been honored with an NIMH Outstanding Resident Award for 2006 and is currently an APIRE / Janssen Psychiatry Resident Research Scholar. As part of this program, Shane has initiated a basic science project in the lab of **Wendy Lynch, Ph.D.** and he is also the PI on a project looking at Chantix vs. Nicotine Replacement Therapy (see article below). Shane and his wife, Melinda, enjoy traveling to historic sites rich in the area. He credits Melinda for keeping him from becoming too much of an "absent-minded professor".

This program has been extremely flexible and nurturing in helping me achieve my goals. We live in a beautiful setting here in Charlottesville and, to top it off...I get to work with amazing people!

-Dr. Shane Rau



October 10th: Western State Hospital Goes Smoke-Free

Everyone at WSH is anxiously counting down the days until the facility will no longer permit the use or possession of tobacco products on facility grounds, for both patients and staff. Their goal is to complete this transition in a way that supports, encourages, and rewards individuals in their progress towards tobacco cessation and have implemented in-services and many educational supports in order to do so. Staff Psychiatrist and UVA Associate Professor, **Dr. Barbara Haskins**, anticipates that many more patients will help themselves become dischargeable in order to regain access to cigarettes and that some medication levels may increase as the liver enzymes are not induced.



From a research standpoint, **Dr. Shane Rau** sees this transition as an opportunity. He was recently approved for a research project entitled; "A Randomized Controlled Trial of Varenicline vs. Nicotine Replacement Therapy During Implementation of a Smoking Ban in a State Mental Health Hospital". The study is being conducted at WSH, primarily on the chronic inpatient units in conjunction with several UVA and WSH faculty. They hope this study will shed some light on potential benefits of varenicline (Chantix), a drug designed to assist with smoking cessation, in a chronic mentally ill population. It is also hoped that this project will open the door to further collaboration between UVA and WSH.

Dr. Kantor "Chats" with Medical Reserves

Dr. Ed Kantor went live via the web to speak with the national medical reserve corps. By using the internet, the seminar, sponsored by the Surgeon General's Office and the National Association of County and City Health Officers, was available to over 400 people nationwide. For the first hour Kantor discussed the intricacies and importance of Psychological First Aid as well as the new frontier in disaster mental health practices. The lecture was followed by a chat room and a live question and answer session. The lecture has been archived for future training use at:

<http://www.medicalreservecorps.gov/Webinars>

Dr. Saathoff Works for Security: Across the Nation and Across the World

Dr. Gregory Saathoff, executive director of the Critical Incident Analysis Group, is currently serving as the Principal Investigator for a multi-year contract with the Department of Defense and Department of Homeland Security. The project is intended to develop a community shielding strategy for a major U.S. city on the west coast. The project will include faculty from the Uniformed Services University of Health Sciences as well as faculty from the medical school at UVA.

Traveling across the Pacific, in August the Australian government brought Dr. Saathoff to Perth in order to brief Deputy Prime Minister Duncan Lewis and his Australian National Counter Terrorism Commission on the work of CIAG and Community Shielding.



CONGRATULATIONS to those who have been recently PROMOTED

Dr. Ming Li was promoted to a Professor of Psychiatry and Neurobehavioral Sciences and to a Professor of Neuroscience; **Dr. Donna Broshek** was promoted to a Associate Professor of Psychiatry and Neurobehavioral Sciences and Associate Professor of Education; **Dr. Jason Freeman** was promoted to a Associate Professor of Psychiatry and Neurobehavioral Sciences and Associate Professor of Medicine; **Dr. Edward Kantor** was promoted to a Associate Professor of Psychiatry and Neurobehavioral Sciences; **Dr. Kye Kim** was promoted to Professor of Psychiatry and Neurobehavioral Sciences; **Dr. Maureen McCarthy** was promoted to Assistant Professor of Psychiatry and Neurobehavioral Sciences; **Weihua Huang** was promoted to Assistant Professor of Psychiatry and Neurobehavioral Sciences.

A few ... FACULTY PRESENTATIONS and INTERVIEWS

Dr. Kim Penberthy presented "Cognitive Behavioral Therapy in the Treatment of Cocaine Dependence: Challenges and Solutions" at the *Half Day In-Congress Workshop*, World Congress of Behavioral and Cognitive Therapies, July 12-14, 2007, in Barcelona, Spain.

Dr. Ed Kantor, Dr. Larry Merkel and Laura Covert presented a poster at the AAP meeting in Boston entitled "Implementation of a Voluntary Interest-Area Track Program Within a General Psychiatry Residency Program" the week of September 18th.

Dr. Kantor was also interviewed by channel 19 news on September 11th regarding traumatic memories and memorials after disaster. To view the segment visit www.charlottesvilleplex.tv/home/headlines/9721357.html#

Dr. Boris Kovatchev was invited to present two lectures at this year's ADA meeting in Chicago this past June. His talks on "Mathematical analysis of glucose measurements" and "Reducing glucose variability" both gathered significant attention and an audience of over 1500 people!

Dr. Karen Ingersoll and **Dr. Sherry Ceperich** both gave presentations as part of the workshop "Advancing a Preconception Approach to Preventing Alcohol-Exposed Pregnancies" at the Research Society on Alcoholism, in Chicago, IL.

Dr. Ceperich also gave the talk *Challenges and Successes in Disseminating an Intervention to Prevent Alcohol-Exposed Pregnancy* at the Second International conference on Fetal Alcohol Spectrum Disorder, Research, Policy and Practice around the World, in Victoria, BC this past March.

Index Medicus Publications through September 2007

The following is a *only a sample of articles published by peer reviewed journals from January of 2007 to the present. Look for a complete publication list to be compiled early next year!*

Johnson, B.A., Rosenthal, N., Capece, J.A., Wiegand, F., Mao, L., Beyers, K., McKay, A., Ait-Daoud, N., Anton, R.F., Ciraulo, D.A., Kranzler, H.R., Mann, K., O'Malley, S.S., Swift, R.M., for the Topiramate for Alcoholism Advisory Board and the Topiramate for Alcoholism Study Group. Topiramate for treating alcohol dependence: a multi-site randomized controlled trial. *JAMA*, (in press), 2007.

Johnson, B.A., Roache, J.D., **Ait-Daoud, N.**, Wells, L.T., Wallace, C.L., Dawes, M.A., **Liu, L., Wang, X.-Q.**: Effects of acute topiramate dosing on methamphetamine-induced subjective mood. *Int J f Neuropsychopharmacol* 10 (1): 85-98, 2007.

Johnson, B.A., Javors, M.A., Roache, J.D., Seneviratne, C., Bergeson, S.E., **Ait-Daoud, N.**, Dawes, M.A., Ma, J.Z.: Can serotonin transporter genotype predict serotonergic function, chronicity, and severity of drinking? *Prog Neuro-psychopharmacol Bio Psychiatry* (in press).

Johnson, B.A.: Update on neuropharmacological treatments for alcoholism: scientific basis and clinical findings. *Biochem Pharmacol*, special issue on addiction (in press).

Johnson, B.A., Roache, J.D., **Ait-Daoud, N.**, Wells, L.T., Wallace, C.L., Dawes, M.A., **Liu, L., Wang, X.-Q.**: Effects of topiramate on methamphetamine-induced changes in attentional and perceptual-motor skills of cognition in recently abstinent methamphetamine-dependent individuals. *Prog Neuropsychopharmacol Bio Psychiatry* 31 (1): 123-130, 2007.

Johnson, B.A., Wells, L.T., Roache, J.D., Wallace, C.L., **Ait-Daoud, N.**, Dawes, M.A., **Liu, L., Wang, X.-Q.**, Javors, M.A.: Kinetic and cardiovascular effects of acute topiramate dosing among non-treatment-seeking, methamphetamine-dependent individuals. *Prog in Neuropsychopharmacol Bio Psychiatry* 31 (2): 455-461, 2007.

Penberthy, J.K., Ait-Daoud, N., Breton, M., Kovatchev, B., DiClemente, C.C., **Johnson, B.A.**: Evaluating readiness and treatment seeking effects in a pharmacotherapy trial for alcohol dependence. *Alcohol Clin and Exp Res*, 31 (9): 1538-1544, 2007.

Johnson, B.A., Ait-Daoud, N., Elkashef, A.M., Smith, E.V., Kahn, R., Vocci, F., Li, S.-H., Bloch, D.A., Methamphetamine Study Group: A preliminary randomized, double-blind, placebo-controlled study of the safety and efficacy of ondansetron in the treatment of methamphetamine dependence. *Int Journal Neuropsychopharmacol* (in press).

Parish, SJ, **Clayton, AH.** Sexual Medicine Education: Review & Commentary. *J Sexual Med.* 4(2):259-268. 2007.

Trivedi, MH, **Clayton, AH,** Frank, E. Treating depression complicated by comorbid medical illness or anxiety. *J Clin Psychiatry* 68(1):e01, 2007.

Balon R, Segraves, RT, **Clayton, AH.** Issues for DSM-V: Sexual Dysfunction, Disorder, or Variation Along Normal Distribution: Toward Rethinking DSM Criteria of Sexual Dysfunctions. *Am J Psychiatry.* 164(2):198-200, 2007.

Clayton, AH, Favit, A. Concerns in Depression Treatment: Sexual Dysfunction and Weight Gain. *Prim Psychiatry.* 14 (6):66-78, 2007.

Dunn, J, Arakawa, R, Greist, JH, **Clayton, AH** Assessing the Onset of Antidepressant Induced Sexual Dysfunction Using Interactive Voice Response Technology. *J Clin Psychiatry.* 68 (4):525-532, 2007.

Yarlagadda, A, Helvink, B, Chou, C, **Clayton, AH,** "Blood Brain Barrier: The Role of GAD Antibodies in Psychiatry. *Psychiatry.* 4(6):57-59, 2007.

Papakostas, GI, Kornstein, SG, **Clayton, AH,** Soares, CN, Hallett, LA, Krishen, A, Tucker, VL Relative antidepressant efficacy of bupropion and the selective serotonin reuptake inhibitors in major depressive disorder: gender-age interactions. *Int Clin Psychopharmacol*, 22(4):226-229, 2007.

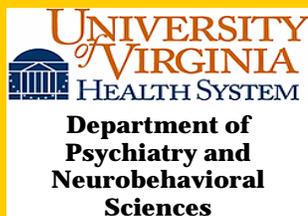
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Barkley RA, **Cox D.** A review of driving performance and adverse outcomes in adolescents and adults with attention deficit/ hyperactivity disorder. *J Safety Res.* 2007; 38:113-128.

Cox DJ, Gonder-Frederick LA, Ritterband L, Clarke L, Kovatchev BP. Prediction of severe hypoglycemia. *Diabetes Care.* 2007;30 (6). 1370-73.

Cox DJ, McCall A, **Kovatchev BP,** Ilag LL, Tan MH²WL. Effects of Blood Glucose Rate of Changes on Perceived Mood and Cognitive Symptoms in Insulin-treated Type 2 Diabetes. *Diabetes Care.* 2007;30 (8)

Cox DJ, Moore M, Burket R, Wilson HK, **Merkel RL,** Mikami AY, **Kovatchev BP.** Rebound effects with long-acting amphetamine or methylphenidate stimulant medication preparations among adolescent male drivers with attention deficit hyperactivity disorder. *J Child Adolesc Psychopharmacol.* 2007. In Press.



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.

Welcome to our New Faculty, Staff, and Recent Visitors

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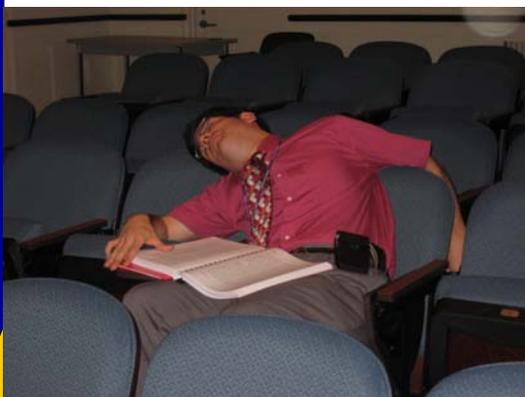
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Rachel Miksad
David Moody
Colleen Slipka
Mariella Tanzi

Visiting Professor

Phillip Gold



Don't Work Too Hard!

Grand Rounds

10/9/2007

Charles Raison, M.D.
Assistant Professor, Psychiatry and Behavioral Sciences at Emory University

Topic : Physiological causes of depression in the medically ill

10/23/2007:

Jonathan Haidt, Ph.D.
Associate Professor, Department of Psychology at University of Virginia

Topic: Morality, emotion and culture.

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

