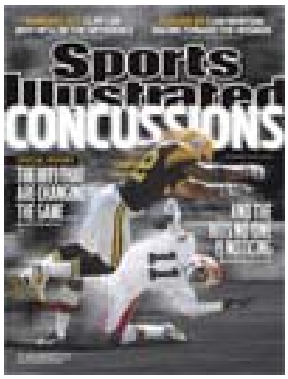
University of Virginia Health System

Department of Psychiatry and Neurobehavioral Sciences

AD ASTRA

November 2010

Dr. Jeffrey Barth was featured in the latest issue of *Sports Illustrated* on concussions and professional sports athletes— a recent HOT TOPIC in the news.



Whiplash Effect

HELMETS OFFER SOME PROTECTION FROM SEVERE BLOWS, BUT KEEPING THE HEAD STILL CAN BE THE KEY TO SAFETY

By David Epstein
November 1, 2010

Helmets aren't perfect. They can be extremely effective at preventing skull fractures and helpful for absorbing the brain-rattling force of a blunt impact. But a concussion often is not a direct result of a blow to the head, but rather of the rapid front-to-back or side-to-side snap that can occur when the body or head is buffeted by a heavy force. Think of a car that is rear-ended: Even without being hit in the head, a whiplashed passenger can suffer a concussion. The brain, anchored in the back by the brain stem, moves at a different speed from the rest of the head and shifts like jelly in a swinging jar. In severe cases it can even bounce off the inside of the skull.

To entirely prevent concussive head-snapping, a helmet would have to be anchored to the body. That's precisely how the protective gear works in automotive sports such as NASCAR and monster truck rallies, which use the HANS (Head And Neck Support) Device. The device tethers the driver's helmet to a headrest connected to the shoulders so that the head does not snap forward in a crash.

In sports where the head has to move independently of the body, however, no HANS-ian solution is possible. The best things a football player can do to mitigate head-snapping are strengthen his neck muscles and be prepared. When a player braces for a blow, the tensing of the muscles in the neck (continued on page 8)

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Staff Spotlight on *Krysten Grymes*

Krysten Grymes joined the Department of Psychiatry and Neuro-behavioral Sciences in August 2010 as program coordinator for the Excelsior Program. She also assists Michelle Storer with our department's grant applications and effort reports.

Krysten graduated from the University of Virginia in May of this past year and majored in Classics and Anthropology. As a student, Krysten interned at the Center of Health Disparities under Dr. Wendi El-Amin and worked as a unit assistant for the CPRU. She also volunteered with Madison House for three years, rotating between the ER, Women's Place and the TCV Post Operative Unit.

Krysten enjoys crocheting, road trips with friends, interior design and shopping. Stop by her office at the West Complex anytime to say hello. It gets a bit lonely at the end of the hall!

HR Announcement

Open Enrollment will run from **November 1, 2010** to **November 19, 2010**. All benefit changes must be submitted by **November 19, 2010**.

This year's Benefit Open Enrollment Fair will be held on **Thursday, November 11, 2010** at the Newcomb Hall Ballroom from 9:00 a.m. - 1:00 p.m.

There will be a Medical Center Benefit Fair on **Friday, November 12, 2010** from 8:00 a.m. - 3:00 p.m. in the Hospital's Cafeteria. Many of the Medical Center's benefit vendors and representatives from the Benefits Office will be there to answer questions and assist with benefit changes.

Welcome new staff members!

Michele Shifflett - Recruitment Specialist for the Charlottesville Research Park as of 8/5/2010.
Krysten Grymes - Excelsior Program Coordinator as of 9/1/2010.
Kathryn Polak - Research Specialist in Richmond as of 10/18/2010.

Promotions

Laura Brown is now an HR Specialist as of 10/11/2010.
Holly Lord has moved from Research Associate to Research Scientist as of 8/30/2010.
Michelle Storer has moved from Compliance Specialist to Research Associate Administrator as of 10/11/2010.

Congratulations!

Meet our Fellows: *Matthew Sachs, MD, MPH*

Dr. Matthew Sachs is currently a child and adolescent psychiatry fellow. He received his undergraduate degree from UVa, his MD from VCU and his MPH from Harvard.

Matthew enjoys the challenges and rewards that working with younger patients provides. He especially likes the opportunity for an early intervention to make a more meaningful impact on a child and help him/her to make better decisions.

After completing his fellowship year with child and adolescent psychiatry, Matthew hopes to pursue a fellowship in forensic psychiatry. This additional year would broaden his area of expertise and lead him into many new opportunities. The current number of practicing forensic child and adolescent psychiatrists is small—only 50 in the US.

Matthew is an avid Weather Channel fan and has incorporated his passion for meteorology into his research projects where he studies the effect of weather on mood and aggression. Matthew has presented several posters on this subject.

Matthew enjoys living in Charlottesville once again with his wife, Jenny, and their 1.5 year old son, Sam.

The Department's Adopted Christmas Family

The Department has adopted a family for Christmas again this year. Hopefully we can bring some joy to them, especially the kids, this Holiday Season.

As in the past if you are unable to purchase an item but would like to participate, cash donations will be accepted and Teresa and Kim will do the shopping for you. You may bring your donations to Teresa or Kim at anytime.

Items will be delivered in mid December, so please bring your purchases in by Thursday, December 16th.

Please contact Teresa Woodson with any questions. The Kids' Wish List is here and continued on page 8.

Boy Age 8

Sizes - Shirt: 10-12, Pants: 12 Husky, Shoes: 3

Wants:
Snow Boots; Nintendo DS (red)
Nintendo DS games; Super Paper Mario for WII; Beanbag Chair

Likes:
Sonic; Mario Bros.; Transformers; Iron Man; Spiderman/Batman; Monster Trucks; UVa Football; Dallas Cowboys; Disney Movies

Boy Age 6

Sizes - Shirt: 6-7, Pants: 6, Shoes: 1

Wants:
Snow Boots; Nintendo DS (blue); Nintendo DS games; Dolphins Football Jersey; Beanbag Chair; Thomas the Train Takealong Toy

Likes:
Monster Trucks; Hot Wheels; UVa Football; Dump Trucks/Bulldozers; Iron Man; Spiderman/Batman; Tractor Trailers; Disney Movies

Special Announcement

Special thanks to the entire department for their hard work and patience with adjusting to the new EPIC system.

And special kudos to those who put in extra hours to help make this transition a smooth one by becoming a "super user" and ensuring that issues get resolved!

New Contracts

The Neurocognitive Assessment Lab is pleased to report that our Department has finalized a contract with the UVa Division of Transplantation and the UVA Medical Center. After a six-year process, led by **Judy White** and **Greg Benham**, this contract will compensate the Neurocognitive Lab for previously non-billable services and consultation to the transplant teams and their patients. There is a set fee for baseline services ($3500/yr), plus an hourly rate for all services rendered during the course of the fiscal year (approx. $84/hr).

Announcement

Janet Warren, DSW will be competing on Sunday, November 7 in the Entrepreneurial Concept Competition at UVa. Her team will present an oral presentation on their topic, 'juvenile.'

Awards, Appointments and Honors

Dr. Jeffrey T. Barth has been elected President of the National Academy of Neuropsychology Foundation Board of Trustees.

Dr. Jeffrey T. Barth has been appointed as Commissioner's Designee to the Virginia Brain Injury Council.

Professor Richard Bonnie was recognized by the Chief Justice and Justices of the Supreme Court of Virginia for his outstanding service to the Supreme Court and to the Virginia judiciary.

Dr. Angelica Escalona, a neuropsychology fellow, was recently honored at an awards dinner by the Multiple Sclerosis Society for volunteering to provide cognitive screenings of patients as part of a cognitive outreach program at an MS retreat.

W. Donald Eubanks received a diploma from the Foley Belsaw Institute for the satisfactory completion of a course in professional locksmithing.

Bernice A. Marcopulos, Ph.D. was appointed to the Editorial Board *of The Clinical Neuropsychologist*, starting January 2011.

Dr. Adrienne Turner participated in the GME Young Scientist Award Poster presentation on October 28 and won 2nd place.

Institute of Law, Psychiatry, and Public Policy Announcement

First Advanced Juvenile Program: January 21, 2011 Charlottesville, VA

Sullivan v. Florida: The U.S. Supreme Court Tackles Developmental Issues and Life Sentences for Juveniles: Andrew Block, Esq, UVA School of Law

Are Adolescents Really Less Mature than Adults: The MacArthur Foundation Research Network on Adolescent Development & Juvenile Justice: Jennifer Woolard, PhD, Georgetown University

Providing Responsible Care to Juveniles: Sexual Victimization in Juvenile Facilities Reported by Youth, 2008-2009: Allen Beck, PhD, Bureau of Justice Statistics, US DOJ and A Panel of Response, including Jay Malcan, PhD, Virginia State University, and Gina E. Wood, Director of Policy and Planning, Joint Center for Political and Economic Studies, Washington DC.

Each program is expected to convey 6 hours of Continuing Education contact hours or credits of interest to physicians, psychologists, attorneys and others.
Hour(s) or credit(s) for ethics of professional practice may be available.

Clinical Trial Announcement

Dr. Anita Clayton's Center for Psychiatry Clinical Research would like to invite all physicians to consider these clinical trials for their patients who may be eligible. We currently have clinical trials for:

Treatment-Resistant Major Depressive Disorder
Potential subjects must be age 18-65, non-smokers who are currently depressed and having <50% improvement from their current antidepressant treatment. The study is testing an add-on therapy to SSRI's.

Major Depressive Disorder in Peri and Postmenopausal Women
Potential subjects must be age 40-70 and depressed for at least 2 weeks. The study is testing a different dose of an approved antidepressant.

Female Hypoactive Sexual Desire Disorder
Potential subjects must be surgically or naturally post-menopausal, experiencing decreased desire, and meet other criteria. The study is testing a low dose of topical testosterone.

Schizophrenia or Schizoaffective Disorder
Potential subjects must be on a stable dose of a neuroleptic for 1 month and can have type II diabetes or tardive dyskinesia or neither (they cannot have both). This study involves only an AIMS and blood draw.

If you have a patient who may be eligible to participate in one of our trials, please contact:

Rachel Bailey, MS; Phone: 243-4631; Email: RB6ST@virginia.edu

CURRENT ENROLLING STUDIES
IRB-HSR#13134, 13557, 14701, 15036, 15086

Publications

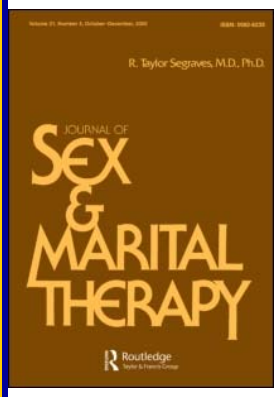
Clayton AH. The pathophysiology of hypoactive sexual desire disorder in women. International Journal of Gynecology and Obstetrics. 110:7-11, 2010.

Soares CN, Thase ME, **Clayton AH**, Guico-Pabia CJ, Focht K, Jiang Q, Kornstein SG, Ninan P, Kane CP, Cohen LS. Desvenlafaxine and escitalopram for the treatment of postmenopausal women with major depressive disorder. Menopause: The Journal of the North American Menopause Society. 17(4):700-711, 2010.

Clayton AH, Hamilton DV. Female Sexual Dysfunction. Psychiatric Clinic of North America. 33:323-338, 2010.

Kornstein SG, **Clayton AH**, Soares CN, Padmanabhan SK, Guico-Pabia CJ. Analysis by Age and Sex of Efficacy Data From Placebo-Controlled Trials of Desvenlafaxine in Outpatients with Major Depressive Disorder. Journal of Clinical Psychopharmacology. 30(3):294-299, 2010.

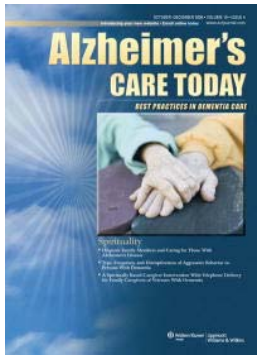
Clayton AH, Dennerstein L, Pyke R, Sand M. Flibanserin: a potential treatment for Hypoactive Sexual Desire Disorder in premenopausal women. Women Health. 6(5):639-653, 2010.



Kornstein SG, **Clayton AH.** Advances in women's mental health. Psychiatric Clinics of North America 33(2), 2010.

Clayton AH, Segraves RT, Bakish D, Goldmeier D, Tignol J, van Lunsen R, Nappi RE, Wunderlich G, Kimura T, Lewis-D'Agostino DJ, Pyke R. Cutoff Score of the Sexual Interest and Desire Inventory-Female for Diagnosis of Hypoactive Sexual Desire Disorder. Journal of Women's Health. Eprint.

Johnson BA, Elkashef AM, **Seneviratne C, Ait-Daoud N,** Kahn R, Li S-H, Bloch DA, Holmes TH, Wang X-Q, Vocci FJ, Jr., **Li MD**, Methamphetamine Study Group. Association between genotype of the serotonin transporter-linked polymorphic region of the serotonin transporter gene and age of onset of methamphetamine use: a preliminary analysis. Frontiers in Addictive Disorders (in press).



Johnson BA, Ait-Daoud N, Seneviratne C, Roache JD, Javors MA, Wang X-Q, Liu L, **Penberthy JK**, DiClemente CC, **Li MD.** Pharmacogenetic approach at the serotonin transporter gene as a method to reduce severe alcohol consumption. The American Journal of Psychiatry (in press).

Murphy PF, Miyazaki Y, **Detweiler MB, Kim KY**. Longitudinal Analysis of Agitation of a Therapeutic Wander Garden of Demented Patients Based on Ambulation Ability. Dementia: The International Journal of Social Research and Practices. 2010; 3: 355-373.

Presentations and Invited Events

Drs. Jeffrey Barth and **Donna Broshek** were invited by the Virginia Board of Education to be part of an expert panel convened to discuss the new state guidelines for concussion management in public schools.

Dr. Donna Broshek hosted the Women in Leadership Event held at the Vancouver Rowing Club at the National Academy of Neuropsychology annual meeting in Vancouver, Canada. The guest speaker, Dr. Roberta Brinton, was recently awarded a Presidential Citation by President Obama for her work in introducing minority students to neuroscience. **Dr. Broshek** also recognized the recipients of an inaugural scholarship program and raised funds for continued student support and educational activities.

Bernice A. Marcopulos, Ph.D., presented 2 workshops recently at the 30th annual meeting of the National Academy of Neuropsychology held in Vancouver, BC Canada. "Preparing for Examination for Board Certification in Clinical Neuropsychology" with **Linas A. Bielauskas, Ph.D.;** and, "Schizophrenia and Criminal Forensic Neuropsychological Evaluation: An Examination of Pertinent Considerations" with **Chriscelyn M. Tussey, Psy.D.**

Dr. J. Kim Penberthy was one of only three Americans invited to present at and be involved in the Regional Conference on Mental Health, Pan American Health Organization meeting in Panama City, Panama, The PAHO is a branch of the World Health Organization, and **Dr. Penberthy** spoke on recent developments in the treatment of cocaine dependence.

Dr. J. Kim Penberthy co-led a weeklong Advanced Training workshop in Cognitive Behavioral Analysis Systems Psychotherapy (CBASP) with Dr. Jim McCullough of VCU in Richmond, VA in October. Attendees included psychiatrists and psychologists from around the world, including Germany, Switzerland, England and the US. My post-doctoral fellow, **Dr. Nile Wagley** was also in attendance.

(Continued from page 6)

Publications

Marcus LJ and Scheife R. Psychiatric Disorders & Their Treatment, 2nd edition.

Kim KY and Detweiler MB. Apathy in Persons with Alzheimer's Disease: an Overview. Alzheimer's Care Today. 2010; 11: 251-259.

Penberthy JK, Fanning T, Vaughan M, Ait-Daoud NT. (2010). Review of Treatment for Cocaine Addiction. Curr Drug Abuse Rev, 3(1), 49-62.

Neudeck P, Schoepf D, **Penberthy JK.** (2010). Learning Theory Aspects of the Interpersonal Discrimination Exercise (IDE) in Cognitive Behavioral Analysis System of Psychotherapy (CBASP). The Behavior Therapist, 33(3), 58-63.

Hook JN, Hook JP, Davis DE, Worthington E, **Penberthy JK**. (2010). Measuring Sexual Addiction and Compulsivity: A Critical Review of Instruments. Journal of Sex and Marital Therapy. 36(3), 227-60.

(continued from page 1)

can keep his head from jerking too fast—which is key, because the speed at which the head snaps and how long it takes to decelerate often determine whether a player is concussed. An example of fast deceleration took place in the Bears' Week 4 loss to the Giants. New York cornerback Aaron Ross got to quarterback Jay Cutler on a blitz, spun him around and dragged him to the ground. There was no helmet-to-helmet contact, though Cutler's head swung down and, when it slammed against the turf, decelerated almost instantly. Cutler missed the rest of that game and the game the following week with a concussion. If he had been able to tense his neck, the way a linebacker might brace to take on a fullback, Cutler might have avoided a concussion.

Neck tension and rapid head deceleration are critical elements in baseball and hockey, two sports that, like football, have become much more aware of concussions in recent years. Twins first baseman Justin Morneau suffered a concussion in July when he took a knee to the head trying to break up a double play. It was a seemingly innocuous play, but Morneau missed the remainder of the season. "There's not much cushioning when a knee hits a head," says **Jeffrey T. Barth**, director of the Brain Injury and Sports Concussion Institute at the University of Virginia School of Medicine, "and especially if [a player is] not expecting it, the head snaps on the neck."

The NHL has tried to eliminate blows that catch players by surprise, banning blindside hits last March. Last week the Mayo Clinic suggested that all hits to the head, blindside and otherwise, be banned from hockey, but the NHL's new rule is a good first step. The checks that a player doesn't see coming—and give him no time to tense his neck—are the most dangerous. The element of surprise may be why seemingly genteel equestrian sports have a high rate of concussions. "Riders fall off, or they're going down a trail and get hit in the head with a branch, or a horse stops at a jump and they're thrown off," **Barth** says. "[Concussions happen] also when they're grooming horses. The horse might move quickly and knock them against the wall in the stall." When an athlete is caught off guard, even a minor blow can be devastating.

Adopted Christmas Family Kids' Wish List

...continued from page 3

Girl Age 3

Sizes - Shirt: 4T, Pants: 4T, Shoes: 9

Wants:

Snow Boots; Food for Play Kitchen; Beanbag Chair; Play Vacuum Cleaner; Dora DVD Player

Likes:

Baby Dolls; Dora; Playing house; Mickey Mouse Club House; Disney Movies

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Edited by Ann E. Richards

Please remember to email your stories and other information to Ann Richards for the next Ad Astra issue.

AD ASTRA

AD ASTRA is a quarterly 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.

BABY ANNOUNCEMENT!

On August 7, 2010 Professor Johnson and his wife Carolina welcomed their new son into the world.

Bankole Alexander Johnson weighed in at 3,100g and 19.5in in length. Everyone is happy and doing well!

MARK YOUR CALENDAR

Neurobiology Lab Series

November 5th, 2010 @ Noon

Sex Differences in Behavior: Hormonal and Genetic Influences

Emilie Rissman, Ph.D.
Department of Biochemistry and Molecular Genetics

Cartoon Corner!

"You're allowed one small carry-on, but each additional piece of emotional baggage is an extra $10."