

Monthly News – August 2013

Department of Psychiatry

August 19, 2013 Volume 7, Number 8

NAMI Walk 2013:

The Psychiatry Department's Resident Life Committee is promoting and participating in Cleveland's NAMI walk on September 7th in downtown Cleveland. Please consider joining our UH Psych NAMI team and/or donating to the NAMI walk.

To join our NAMI team, please go to the following website:
<http://namiwalks.nami.org/TeamPage.aspx?teamID=470396>

Cleveland's NAMI Walk:
Location: Voinovich Park behind the Rock and Roll Hall of Fame Cleveland, OH
Date: September 7, 2013
Distance: 2.5 Miles
Check-in: 9:00 AM
Start Time: 10:00 AM

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need.

Why Join the NAMI Walk?

Mental illness affects everyone. Nearly 60 million Americans experience a mental health condition every year. Regardless of race, age, religion or economic status, mental illness impacts the lives of at least one in four adults and one in 10 children across the United States. People living with mental illness need help and hope: they need a community that supports them, their families and their recovery. Because mental illness devastates the lives of so many Americans, NAMI works every day to save every life.

If there are any questions, please feel free to email me at michelle.john@uhhospitals.org or Zafar Zaidi at zafar.zaidi@uhhospitals.org.

Thank you for your support. We look forward to seeing you at NAMI Walk!

Awards and Recognition:

Dr. Susan Stagno was elected by the Faculty of Medicine at CWRU to serve on the Committee for Medical Education.

Ray Isackila, LPC, of our Addiction Recovery Service was interviewed on July 20th for an ABC news story on why Rehabilitation programs alone won't cure addiction.

Congratulations:

Congratulations to **Shawna Gudalis** for being promoted to Clinical Nurse Specialist. Shawna passed her state exam and is the first CNS on the Consultation Liaison Service.



Benjamin Eliyahu Abramowitz was born on July 26th at 1:43 p.m., 8 lbs 7 ounces and 22.5 inches. Ben, **Stephanie Pope** (PGY-4 Child and Adolescent Psychiatry Fellow and her husband, Mark Abramowitz, are all doing wonderfully!

Grand Rounds:

August 23rd:

***Miriam B. Rosenthal Lecture Speaker:** Sheryl Kingsberg, Ph.D.

Topic: Female Sexual Function and Dysfunction

August 30th:

Speaker: Norah Feeny, Ph.D.
Topic: Treatment of PTSD: PE vs. Sertraline in a Doubly Randomized Preference Trial

**September 6th:
DEPARTMENT MEETING
NO GRAND ROUNDS**

**September 13th:
*Douglas Danford Bond Lecture**

Speaker: George Vaillant, M.D.
Topic: How Multi-decade
Prospective Longitudinal Studies
Change Our View of Reality

September 20th:

Speaker: Richard B. Corradi, M.D.
Topic: Schizophrenia as a Human
Process

September 27th:

***L. Douglas Lenkoski Lecture**
Speaker: Lori Raney, M.D.
Topic: The Integration of Primary
Care and Behavioral Health: New
Roles for Community Psychiatrists

***Reception immediately
following the lecture in the
Mayer-Haber Conference Room
13-113**

**Presentations and
Publications:**

On September 5th and September 19th, the Ohio Department of Mental Health and Addiction Services (OhioMHAS) will collaborate with the Center for Evidence-Based Practices at Case Western Reserve University to deliver a series of important trainings for medical professionals. The video conferences support OhioMHAS' commitment to increasing dual-diagnosis-treatment capability, integrated behavioral healthcare, and continuity of care throughout Ohio's system of inpatient and community-based services for people with severe mental illness, many of whom are vulnerable to addiction, homelessness, crisis and emergency care, psychiatric hospitalization, arrest, incarceration, and chronic medical conditions.

Presenters include: Mark Hurst, M.D., medical director of the Ohio Department of Mental Health and Addiction Services; Justin Trevino, M.D., assistant clinical director of Twin Valley Behavioral Healthcare, a regional psychiatric hospital of OhioMHAS; and department of psychiatry faculty member, and medical consultant at the Center for Evidence-Based Practices at Case Western Reserve University, **Christina Delos Reyes, MD.** Dr. Delos Reyes is also chief clinical officer of the Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board of Cuyahoga County.

The training is free for medical professionals who practice in Ohio. For more information or to register online:
<http://www.centerforebp.case.edu/events/medical-professionals-training-for-co-occurring-sami-part-1>

**2013 OPA Convention:
Psychology's Role in Integrated
Health Care**

The 2013 Convention will be held Oct. 30 – Nov. 1, 2013, at the Quest Conference Center in Columbus. This year's Convention theme is "Psychology's Role in Integrated Health Care."

Dr. Joseph Bedosky, Ph.D. & Felipe Amunategui, Ph.D. will present: "*Birds of a Feather: DSM-5 Obsessive-Compulsive and Related Disorders Plus Tics.*" Emphasis is placed on increasing diagnostic accuracy and developing the treatment skill-set necessary to help this diverse population. A brief review of the current understanding of the neurological substrate will be provided. Finally, integrating psychotherapy with the pharmacological management of these disorders will be discussed as many of the individuals come already on medication prescribed by

psychiatrists, neurologists, and general practitioners. For more information or to register, go to:
<http://www.ohpsych.org/mce/ce-opportunities/convention/>

Dr. Stephen B. Levine's new book, *Barriers to Loving: A Clinician's Perspective* will be published by Routledge of New York and London in November 2013.

Research Studies:

Discovery and Wellness Center Autism Study: Help us learn about Autism and possible treatments by joining our clinical research study.

You may be able to take part in this study if you:

- Are a man aged 18-45 years with a diagnosis of autism spectrum disorder
- Speak and read English
- Have a caregiver willing to help you complete study activities and answer questions from clinical staff

The VANILLA study will measure the effects of an investigational drug on social behavior, communication and safety.

To learn more about this study, contact Rebecca Weintraub at 216-844-3922 or via email at:
DWCC@uhhospitals.org

Prospective, Randomized, Double-Blind, Placebo-Controlled, Phase 2 Safety and Efficacy Study of Oral ELND005 as an Adjunctive Maintenance Treatment in Patients with Bipolar I Disorder

Principal Investigator: Joseph R. Calabrese, MD

Gender & Age: Women & Men, ages 18 – 65

Diagnosis: Bipolar I Disorder, and has experienced a mood episode of any polarity within 4 months prior to the Screening Visit and responded to lamotrigine (LTG) or valproic acid (VPA).

Medications: Study subjects will be treated with ELND005 and weaned off of any other psychiatric medications they are taking during the open-label phase. Study patients who remain stable during this phase will be eligible for random assignment in the Double-blind Randomization Phase. In the double-blind phase, study patients will be randomly assigned in a 1:1 ratio to receive blinded treatment with either ELND005 or placebo for up to 48 weeks, in addition to either LTG or VPA

Study Details: Up to 72 weeks long

Contact: Carla Conroy at 216-844-2871 or via email: Carla.Conroy@UHHospitals.org

A Randomized, Double-Blind, Placebo-Controlled, Phase 3 Study to Evaluate the Efficacy and Safety of Once a Day, TAK-375 (Ramelteon) Tablet for Sublingual Administration (TAK-375SL Tablet) 0.1, 0.4, and 0.8mg as an Adjunctive Therapy in the Treatment of Acute Depressive Episodes Associated with Bipolar 1 Disorder in Adult Subjects (TAK-375SL_201)

Principal Investigator: Keming Gao, MD, PhD

Gender & Age: Women & Men, ages 18 - 75

Diagnosis: Bipolar I Disorder, currently depressed

Medications: Lithium and/or one other mood stabilizer (lamotrigine or valproic acid) and/or one atypical antipsychotic (risperidone or olanzapine or aripiprazole or ziprasidone). Subjects may be on one, two or three medications but no more than one from each group. Each subject will be randomized to either TAK -375SL tablet 0.1 mg once daily, TAK-375SL tablet 0.4 mg once daily, TAK-375SL tablet 0.8 mg once daily or placebo once daily.

Study Details: Up to 13 weeks long, visits are once a week for the first month and then bi weekly for an additional month.

Contact: Carla Conroy at

216-844-2871 or via email at Carla.Conroy@UHHospitals.org

A Randomized, Double-Blind, Placebo-Controlled, Phase 3 Study to Evaluate the Efficacy and Safety of Once a Day, TAK-375SL 0.1, 0.4, and 0.8 mg as an Adjunctive Therapy to Treatment-as-Usual in the Maintenance Treatment of Bipolar 1 Disorder in Adult Patients (TAK-375SL_203)

Principal Investigator: Keming Gao, MD, PhD

Gender & Age: Women & Men, ages 18 - 75

Diagnosis: Bipolar I Disorder, stable for at least eight weeks with a mood episode within 9 months from screening

Medications: Treatment as usual*. Each subject will be to either TAK -375SL tablet 0.1 mg once daily, TAK-375SL tablet 0.4 mg once daily, TAK-375SL tablet 0.8 mg once daily or placebo once daily.

Study Details: Up to 11 months long, visits are every 2 weeks for the first 2 months and then monthly for an additional 6 months.

Contact: Carla Conroy at 216-844-2871 or via email at Carla.Conroy@UHHospitals.org

CAE RCT Study

Do you have any patients who have Bipolar Disorder and have trouble taking all of their bipolar medication?

To participate, individuals must:

1. Have type I or type II bipolar disorder diagnosis for at least 2 years;
2. Have received treatment with at least one evidence-based medication to stabilize mood for at least six months (lithium, anticonvulsant, or antipsychotic mood stabilizer);
3. Be at least 20% or more non-adherent with current BD medication treatment (i.e. lithium, anticonvulsant, or antipsychotic mood stabilizer);

To participate, individuals may NOT:

1. Be children under the age of 18

This is a randomized, controlled trial (RCT) of the **Customized Adherence Enhancement (CAE) psychosocial intervention** (created by Martha Sajatovic MD and Jennifer Levin PhD) vs. broadly-directed, non-individualized education (EDU) in **poorly adherent individuals with bipolar disorder (BD)**. The study is primarily interested in testing whether a (CAE) intervention that addresses the specific reasons for non-adherence among high-risk patients with BD improves treatment adherence and bipolar disorder symptoms compared to EDU. CAE is intended to be a brief adjunct to standard mental health treatment. The proposed project has the potential to greatly advance the care of BD patients who are at greatest risk for poor health outcomes, with findings expected to be generalizable across a variety of treatment settings. *All individuals will continue to receive treatment as usual with their regular provider(s).*

For more information or to refer a patient contact Melanie Athey at 216-844-2825 or Melanie.Currens@UHHospitals.org

Save the Date:

Recovery Resources Run for Recovery -- Supporting Addiction Recovery -- at Progressive Field 5K Run/1 Mile Walk Saturday, September 28, 2013

For more information, contact Jamie Jones at: jjones@recres.org or by phone at 216.431.4131 x1126

Suicide Prevention Education Alliance (SPEA)

Into the Light Walk

When: October 6, 2013

Where: Cleveland Metroparks Zoo 3900 Wildlife Way, Cleveland, OH 44109

Time: Check-in 6:00 p.m.
For more information, contact:
Michelle.John@uhhospitals.org

Connor Integrative Medicine network's 2nd Annual Heal the Healer Symposium – Inspiring Purpose, Passion, Performance: Friday, October 11, 2013 8:45 a.m. – 4:00 p.m. Signature of Solon Country Club
For more information call:
216-488-4757 or email
Sharon.Allen@UHhospitals.org

PEP Symposium with Bruce D. Perry, M.D., Ph.D
Unique Learning Experience for Educators, Administrators, Counselors and Anyone who Works with Children Exposed to Trauma and Adversity
Friday, October 18, 2013
Registration: 8:00 a.m.
Program: 8:30 a.m. – 4:00 p.m.
Landerhaven
6111 Landerhaven Drive
Mayfield Heights, Ohio 44124

To learn more about this event, please contact Sharon Parente at sparente@pepcleve.org or by phone at 216-361-4400.

Contact:

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DEADLINE FOR NEXT ISSUE:
Friday, September 13, 2013
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