



Brigham and Women's Department of Psychiatry Monthly Newsletter: Issue one, June 2014

Note from the Chairman:

It gives me great pleasure to introduce our new departmental newsletter. It will allow us all to become familiar with the wonderful range of people and activities in the department, to keep up-to-date about initiatives and news, and to celebrate everyone's accomplishments. I want to thank Mallory Platner, who is leading this ongoing effort, and who is happy to receive information from everyone (please keep this in mind and send her an email with news and ideas), and Rachel Yaffe. Thanks for taking a moment to learn about your/our colleagues, and to appreciate our special academic medical community.

Welcome:

We are pleased to have opened our new outpatient Psychiatry practice at BWFH. Please join us in welcoming Altagracia Ramirez, MD, Mohammed Issa, MD, Teresa Delgado, LICSW, Ash Nadkarni, MD, Jonathan Runge, Psy.D., and Sharon Manning, LICSW to the BWH Department of Psychiatry. We are also recruiting for another Psychiatrist and a Psychologist. Later this month Amanda Leone, LICSW and Elisabeth Maguire, LICSW will be joining us.

Dr. Ramirez is an attending psychiatrist in the new BWFH Psychiatry Outpatient Clinic. She completed the BWFH Adam's House Fellowship, provides weekend psychiatric coverage at BWFH, and was an attending psychiatrist at BWH. Most recently, Dr. Ramirez was at the Martha Eliot Health Center, providing medication management to patients, comprised primarily of adult Latinos and African-Americans. She received her medical degree and completed psychiatric residency training at the University of Massachusetts Medical School.



Dr. Issa is an attending psychiatrist in the BWFH Addiction Recovery Program's Suboxone treatment program. He will also see patients at the BWH/BWFH Pain Clinic. He completed Forensic Psychiatry Training in the Department of Behavioral Medicine and Psychiatry at West Virginia University School of Medicine, a Pain Fellowship in the Department of Anesthesiology, Perioperative and Pain Medicine at BWH and an Addiction Psychiatry Fellowship in the Department of Psychiatry at Yale University School of Medicine. Dr. Issa is also the recipient of the 2013 American Academy of Pain Medicine's Pain Medicine Fellowship Excellence Award.



Teresa Delgado, LICSW is the first full time clinical social worker appointed to the new BWFH Psychiatry Outpatient Clinic. She is an experienced clinician, most recently working at the Martha Eliot Health Center. Prior to that, Ms. Delgado worked at Southern Jamaica Plain Health Center, Cambridge Health Alliance, Latino Health Institute, The Home for Little Wanderers, and The Boston Public Health Commission. Ms. Delgado received her Master's Degree in Social Work from Boston University, is a CADC: Certified Addictions Counselor, and is bilingual in Spanish and English.



Ash Nadkarni, MD attended medical school at Northwestern University, completed her Psychiatry Residency at Boston Medical Center, and worked at the Lahey Clinic for 1.5 years before joining us. Her interests are at the interface of psychiatric and medical illness. She is collaborating with the Inflammatory Bowel Clinic at 850 in a study and also doing evaluations and treatment planning in IBD patients with high medical utilization.



Jonathan Runge, Psy.D. is a cognitive behavioral therapist who came to psychology recently as a second career after many years as a travel writer. He is a Stanford-CSPP program graduate. Along with seeing individual patients he is starting an outpatient CBT group therapy for depression at 850 in June.



Sharon Manning, LICSW earned her masters in clinical social work from the Smith College School for Social Work. She then completed a fellowship program at the Massachusetts Institute of Psychoanalysis in Brookline, MA. Before joining us, Sharon was a social work consultant for the Farren Care Center in Turners Falls, MA.

We are very excited for and proud of our faculty members who are assuming new leadership roles in the near future.

Robert Boland, M.D. has been recruited to be our Vice Chair for Education. In his Vice Chair role, Bob will oversee, integrate and advance all aspects and levels of our department's educational mission. He will work closely with Montie Meyer, M.D., our Director of Medical Student Education. He will join Christie Sams, M.D. as Co-Director of the Harvard Longwood Psychiatry Residency Training Program, where he will also serve as the Brigham and Womens Hospital site director. He will work with our fellowship directors, and work to develop faculty education and CME. He will join us in July.



In this context, we would like to thank Charles Surber, who has done an excellent job as residency Co-Director and BWH site director for the past two years, and wish him the very best in Michigan.

Dave Gitlin, MD will assume the position of Vice Chair for Academic Clinical Programs. In this major role, he will work with all services to oversee, coordinate and enhance our care. He will retain his role as Director of the Division of Medical Psychiatry, a premier program that he has developed exquisitely.

John Fromson, M.D. is assuming the role of Vice Chair for Community Psychiatry. In this capacity, he continues as the Chief of Psychiatry at our Brigham and Women's Faulkner (academic community) Hospital site, with its inpatient unit that he directs, its partial hospital, its consultation service, its new outpatient service, and its full array of addiction services.

Jay Baer, M.D. will be Director of the Division of Ambulatory Psychiatry. This includes Brigham Psychiatric Specialties (BPS, our main outpatient teaching service at 221 Longwood Avenue, which he directs), as well as the new BPS site at 850 Boylston Street, and the behavioral health integration at the South Huntington and Newton Corner sites.

Megan Oser, Ph.D. will be Associate Director of Psychology and Director of CBT/Behavioral Medicine. She follows Pam Wiegartz, to whom we are grateful for growing our CBT portfolio. Megan will work with Aaron Nelson, Ph.D., who directs the overall psychology/neuropsychology program. She will build our academic profile in third-wave CBT approaches to conditions and health behaviors at the psychiatry-medicine interface.

Sejal Shah, M.D., Assistant Director, Division of Medical Psychiatry, will be the new Director of the Psychosomatic Medicine Fellowship starting in July 2014. Sejal is already realizing tremendous potential as a clinical and educational leader. She leads by example and is the perfect person to take the baton from David Gitlin and ensure the continuing leadership of this nationally-renowned training program.

Dave Kroll, MD will be hired as an Associate Psychiatrist starting July 1st. He trained at the Harvard Longwood Psychiatry Residency Training Program and is completing our Medical Psychiatry Fellowship. We are very pleased to have him as a full time faculty member and are excited to have him play an important role in the development of behavioral health integration into the medical setting.

In the News:

- John Peteet, MD spoke at the [APA's 2014 Annual Meeting](#) early this month regarding the integration of spirituality in psychiatric treatment.
- *March 2014*: Dr. Martha Shenton's testimony before the United States House of Representatives, House Energy and Commerce Committee, Subcommittee on Commerce, Manufacturing, and Trade, at a hearing entitled "[Improving Sports Safety: A Multifaceted Approach](#)", on March 13, 2014, is now available for online viewing at the following link: [CSPAN video](#).

Awards:

- David Yuppa, MD received the 2014 DFCI Ethics Award
- Olivia Okereke, MD, MS received the Columbia Psychiatric-Neurological Epidemiology Early Career Award from Columbia University
- Chris Richard, RN, the clinical leader for the inpatient psychiatry unit at BWFH received the Mrachek nursing award for outstanding leadership.

Grants:

- We'd like to congratulate Dr. Martha Shenton for her involvement in being awarded 4 new grants in 2014. To name a few of her most recent grant awards:
 - CIMIT grant titled: "Integrating Blood and Imaging Biomarkers for Mild TBI" with Dr. Bruce Kristal in Neurology at BWH. 2014-2016
 - Congressionally Directed Medical Research Programs (CDMRP) Traumatic Brain Injury Award, "Tau Imaging of Chronic Traumatic Encephalopathy" Co-Partnering PI: Dr. Robert Stern. 2014-2018
 - VA Merit Award, "Development of MR Biomarkers of Brain Injury in Acute and Chronic mTBI". 2014-2018
- We'd also like to congratulate Dr. Marek Kubicki on being awarded an R01 Grant titled "Diffusion Imaging Biomarkers for Risk, Onset & Outcome in Schizophrenia" 2014-2019

Honors:

- Arthur Barsky, MD has been appointed a member of the National Academy of Sciences consensus panel on assessing psychological factors in Social Security disability determinations
- Dave Gitlin, MD was recently appointed as Chair for the APA Council on Psychosomatic Medicine. Additionally, he is on the APA Assembly, representing the Academy of Psychosomatic Medicine. If people have items they would like to bring to the attention of APA leadership regarding Psychosomatic Medicine issues, they should feel free to contact him to discuss.

Publications:

- Nancy Donovan, MD recently had a paper accepted into the [American Journal of Geriatric Psychiatry](#).
- *May 2014*: "BanHeading in Youth Soccer", by Derrick Z. Jackson, Opinion in Sunday Boston Globe article where Dr. Ingal Koerte and Dr. Martha Shenton are cited for their research in alterations in white matter in elite professional soccer players who have experienced only sub concussive blows to the head, but not concussions. <http://www.bostonglobe.com/opinion/2014/05/17/ban-heading-youth-soccer/F0jPt3oMlfajNfuphDF08J/story.html>
- Dave Vago, Ph.D. was recently published as a shared first author in *Mindfulness* titled "Moving beyond Mindfulness: Defining Equanimity as an Outcome Measure in Meditation Research"

Updates:

Clinical Updates:

- **iCMP program**: David Gitlin and Sejal Shah are involved in the the Integrated Care Management Program (iCMP) which has the goal of helping high health care resource-utilizing patients achieve a customized health care plan to address their specific needs. Dave and Sejal serve as the psychiatric consultants to the PCPs, social workers, and nurse case managers to provide education and case reviews for patients with behavioral health issues
- **BWFH has opened its OP Psychiatry clinic** with the addition of Altigracia Ramirez, MD and C.Teresa Delgado, LICSW as its first clinicians. The clinic is working closely with Jay Baer, MD, Director of the department's OP Psychiatry division to develop departmental- wide triage functionality as well as uniform intake, evaluation, and billing procedures.
- The **suboxone program** is thriving under the leadership of Joji Suzuki, MD. We have accepted over 150 new patients into the program in just one year.
- In May, Dr. Joffe co-directed a 2-day Harvard Medical School/Brigham and Women's Hospital **CME course**, Update on Neurology and Psychiatry of Women: What Every Practitioner Needs to Know, with Mary (Angela) O'Neal, MD , Director of the Women's Neurology Program in the Department of Neurology at BWH. The course was a highly successful educational opportunity for clinicians to learn about the subspecialty care of women with psychiatric and neurologic conditions during which a series of lectures were presented by expert clinicians and researchers from BWH, many of whom were from our Psychiatry Department. Almost 90 people attended the conference, including psychiatrists, psychologists, social workers, neurologists, internists, OBGYN, family medicine, pediatricians, endocrinologists and more from Massachusetts, the Northeast, and throughout the US and Canada.

Check out our [Pike Notes page](#) for more information, and updates on the department!