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DEACONESS

UC Health
Psychiatric Services
UNIVERSITY HOSPITAL

Main Entrance

Parking



RECENTLY, IN MY ROLE as senior associate dean for research at the UC College of Medicine and vice president of research for UC Health, I was privileged to give a presentation on research at the College of Medicine to the college's faculty and staff. During that presentation, I stressed the importance of improving communication and transparency regarding the college's research effort. I feel the same way about the Department of Psychiatry and Behavioral Neuroscience, and that's why we are providing you with this quarterly newsletter. It's an effective way for us to communicate updates about events within the department, and we welcome your feedback.

Included in this issue is a look at the new home for UC Health's inpatient and emergency psychiatric services at the former Deaconess Hospital building.

OUR MISSION To acquire and refine medical and scientific knowledge and then to apply it through education and clinical service toward high-quality, evidenced-based treatment of people suffering from mental illnesses.

OUR VISION To be international leaders advancing the diagnosis and treatment of psychiatric disorders.

UC Health now occupies three floors, newly refurbished and representing an increase of 50 percent from the former University Hospital space. For the first time, we are able to offer specialized geriatric psychiatry services to complement existing services. In my view, this move was our department's most notable event of 2011. It dramatically enabled us to improve the physical plant and environment for our patients and give them the best care possible.

Also in this issue, you'll read that 2012 is off to a good start with the addition of 42 psychiatrists and behavioral health specialists from the Lindner Center of HOPE in Mason to the Psychiatry and Behavioral Neuroscience Department faculty. This brings us to a total of 102 faculty, making us the third-largest clinical department at the College of Medicine (behind Pediatrics and Internal Medicine). More importantly, this is a crucial step in the integration of the clinical, research and education missions of the Lindner Center and UC Health.

Finally, and unfortunately, we have some sad news to report in this issue: Stanley Kaplan, MD, who with his late wife, Mickey, endowed the chair that I occupy as department chairman, died on Nov. 10, 2011. He was 89. Stan's importance to the life and history of our department in so many roles, including teacher, researcher, mentor, clinician and friend, cannot be overstated. He will be dearly missed.

Best Wishes,

Stephen M. Strakowski, MD
*The Dr. Stanley and Mickey Kaplan Professor and Chairman
Department of Psychiatry and Behavioral Neuroscience
Senior Associate Dean for Research,
College of Medicine
Vice President of Research, UC Health*

On the cover: UC Health inpatient and emergency psychiatric services have a new home at the former Deaconess Hospital. The new space occupies 75,000 square feet over three floors of the building and made possible the addition of geriatric psychiatry services. *Story, page 3*

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Published by:
UC Academic Health Center
Public Relations and Communications
PO Box 670550
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Two Programs Are Accredited for the Maximum 5 years

The Department of Psychiatry and Behavioral Neuroscience's residency training and forensic fellowship programs have both been accredited for the maximum five years by the Accreditation Council for Graduate Medical Education. Both accreditations were effective Oct. 14, 2011.

Brian Evans, DO, is director of the residency program and also director of medical student education for the department. He took over in 2011 from Aurora Bennett, MD, after Bennett became associate dean of student affairs at the College of Medicine.

Douglas Mossman, MD, is program director for the forensic fellowship program and also serves as director of the Glenn M. Weaver Institute of Law and Psychiatry at the UC College of Law.



Evans



Mossman

"This is great news and the culmination of several years of hard work by the program directors and faculty, residents and staff," said Stephen Strakowski, MD, department chair.

The approximate date for the next site visits for both programs is Oct. 1, 2016.

Lindner Center's Casuto Health Care Heroes Finalist

Leah Casuto, MD, a research assistant professor based at the Lindner Center of HOPE, has been selected as a Health Care



Casuto

Heroes finalist by the *Business Courier* in the Community Outreach category.

Through Casuto's efforts, the Lindner Center launched the Johns Hopkins Adolescent Depression Awareness Program (ADAP) in Cincinnati. ADAP is a school-based program designed to educate high school students, faculty and parents about adolescent depression.

The 2012 Health Care Heroes celebration will be held March 15 from 6 to 9 p.m. at the Hyatt Regency Cincinnati.

Adler Elected ACNP Member

Cal Adler, MD, associate professor, was elected to member status in the American



Adler

College of Neuropsychopharmacology (ACNP), effective Jan. 1, 2012. He is co-director of the division of bipolar disorders research and assistant director of the Center for Imaging Research.

ACNP is an honorific research society dedicated to advancing and disseminating the scientific understanding about neuropsychiatric disorders. Membership is by nomination only, by an eligible ACNP member.

Chard Joining ISTSS Board

Kathleen Chard, PhD, associate professor of clinical psychiatry, has been elected to the board of the International Society for



Chard

Traumatic Stress Studies (ISTSS).

Additionally, she accepted an invitation to become an associate editor for the *Journal of Traumatic Stress*, published by ISTSS.

Founded in 1985 for professionals to share information about the effects of trauma, ISTSS is dedicated to the discovery and dissemination of knowledge about policy, program and service initiatives that seek to reduce traumatic stressors and their immediate and long-term consequences.

Chard is director of the Posttraumatic Stress and Anxiety Disorders Division at the Cincinnati Department of Veterans Affairs Medical Center.

Purganan Receives Travel Award



Purganan

Third-year resident Kristina Purganan, DO, received a travel award to attend the American Association of Geriatric Psychiatry 2012 annual meeting in Washington, D.C., March 16-19. She will present a poster. ■

Arthur Receives Ohio Psychological Association Award

Robin Arthur, PsyD, an assistant professor based at the Lindner Center of HOPE, where she is chief of psychology, was recognized by the Ohio Psychological Association as a

"Distinguished Psychologist" for her contributions and accomplishments in the field of psychology.

Arthur was recognized at the association's annual conference in Newark, Ohio, for her multi-year efforts in helping develop the Lindner Center of HOPE.

Arthur designed the Lindner Center's inpatient hospitalization unit to include a comprehensive therapeutic program and a full day of activities. In addition to developing programming for the three acute care units—adolescent, adult and older adult—she

designed the programming for Sibcy House, a short-term, diagnostic assessment and intensive treatment unit. ■



Arthur



Lindner Center activities

To advance the diagnosis and treatment of psychiatric disorders through education and clinical services, we are forming a community advisory board. If interested, please contact Kathy Nullmeier at 513-558-6769 or kathy.nullmeier@uc.edu. ■

Dr. Stanley Kaplan Served Department Tirelessly

The Department of Psychiatry and Behavioral Neuroscience suffered a great loss with the death of Stanley Kaplan, MD, on Nov. 10, 2011.

Kaplan and his late wife, Mickey, established lectureships, student awards and, in 2006, the Dr. Stanley and Mickey Kaplan Endowed Chair and Professorship in Psychiatry. In 2010, the UC College of Medicine named the Dr. Stanley and Mickey Kaplan Reception Hall in the CARE/Crawley Building in the Kaplans' honor.

An alumnus of the UC College of Medicine (Class of 1946), Kaplan completed his residency training at UC and served as a professor and interim chair of psychiatry. During his career at UC, Kaplan was heavily involved in service, teaching and research. He published widely on a range of topics in psychiatry, particularly for studies in psychosomatic medicine.

According to an obituary in the *Cincinnati Enquirer*, "Dr. Kaplan was a man of tireless curiosity, the soul of an artist and deep generosity. He embraced new adventures until the final months of his life."

"Stan committed his life and resources to people in our society who were all too often disenfranchised and stigmatized—those who suffer from mental illness. His choice of profession typified Stan's strong humanism and values."

Stephen Strakowski, MD

The obituary noted that Kaplan enjoyed motorcycle riding, participated in a weekly poker game for decades and invested in Broadway shows and race-horses. He also was a painter, sculptor and photographer.

Honored as a Great Living Cincin-

natian in 2007, Kaplan said, "I was overwhelmed at being chosen." His many other honors included the Governor's Award for the Arts, the Glorifying the Lion Award from the Urban League and the Visionary Award from the Contemporary Arts Center. ■



In a statement to faculty and staff, current Dr. Stanley and Mickey Kaplan Professor and Chairman of Psychiatry and Behavioral Neuroscience Stephen Strakowski, MD, wrote of Kaplan:

"As a professor in our department, he served tirelessly as a faculty member, mentor, patient advocate and even interim chair.

"He and Mickey's generosity established a lectureship to bring mental health experts from around the world to Cincinnati, a student essay contest to foster medical student education and the endowed chair in which I sit.

"Stan committed his life and resources to people in our society who were all too often disenfranchised and stigmatized—those who suffer from mental illness. His choice of profession typified Stan's strong humanism and values.

"He loved to bring the warmth of the arts and humanities into what are sometimes the cold realities of medical practice. His tireless curiosity to understand how the human mind works raised the intellectual environment in our college and improved the lives of his patients. Stan's legacy in mental health will be enduring, but he will surely be missed dearly by all of us who knew him." ■

UC Health Psychiatric Care in New Home at Deaconess

UC Health inpatient and emergency psychiatric services now have a new home: the former Deaconess Hospital at 311 Straight St., across Clifton Avenue from the University of Cincinnati's West Campus.

Under a lease agreement, UC Health University Hospital occupies three floors, totaling 75,000 square feet, at the Deaconess building. The new space encompasses psychiatric emergency services, general adult psychiatry and geriatric psychiatry services—the last of which is a new addition to complement existing services.

The three floors at Deaconess were refurbished, allowing psychiatric services to be offered in the latest contemporary setting. Mirroring a national trend, the new area offers more private accommodations, featuring designs that convey openness and vibrancy.

The relocation took nearly eight months, including planning and construction. The move was completed Oct. 17, 2011.

"This new environment allows us to render the best care possible," says Stephen Strakowski, MD, chair of the Department of Psychiatry and Behavioral Neuroscience and vice president of research at UC Health.

"It's a vast improvement over our previous space, and we're pleased to be able to offer our services in a more comfortable environment," adds Peter Fox, administrative director.

The addition of geriatric psychiatry services came as University Hospital assumed the operation of 24 existing beds at Deaconess, giving psychiatry a total of 72 beds and representing an increase of 50 percent from the University Hospital space.

The enhancement of psychiatric services, in addition to the integration of the Lindner Center of HOPE with UC Health, helps UC Health fulfill its vision of becoming a pioneer for mental health services.

"We are the pre-eminent provider for psychiatric care in the region, and this move helps us continue to improve upon that label," says Strakowski. ■



With the move, University Hospital assumes operation of 24 existing beds at Deaconess, giving psychiatry a total of 72 beds, an increase of 50 percent from the University Hospital space.

The expansion allows for the addition of geriatric psychiatric services.



Lindner Center of HOPE Specialists Join Faculty

Forty-two psychiatrists and behavioral health specialists from the Lindner Center of HOPE joined the Department of Psychiatry and Behavioral Neuroscience faculty effective Jan. 1, 2012, as part of the integration of clinical, research and educational missions of the Lindner Center and UC Health.

The additional specialists, who treat both adult and childhood conditions, make the department the UC College of Medicine's third-largest clinical department (after Pediatrics and Internal Medicine), with a total of 102 faculty.

The integration project's mutual goals include:

- Sophisticated, mature infrastructure for Lindner Center of HOPE.
- Coordinated third-party contracting.
- Practice and behavioral health services stabilization.
- Prestige, image, strong reputation.
- Sharing of best practices; capitalize on Lindner Center innovations.
- Ability to maintain relationships/arrangements (compensation) between Lindner Center clinicians and UC/UC Physicians.
- Availability of UC/UCP benefits to Lindner Center clinicians.

Creating a clinical integration team is the next step. This team will be asked to assist in identifying, evaluating and making recommendations regarding additional patient care services and other initiatives that the Lindner Center and UC Health can work together on. ■

The **Lindner Center of HOPE** in Mason offers several treatment programs ranging in level of care from the most acute and intensive treatment and crisis care to less intensive maintenance and wellness visits. Paul Keck Jr., MD, is president and chief executive officer of the Lindner Center and professor and vice chair of the Department of Psychiatry and Behavioral Neuroscience. ■



Keck

Honors, Exhortations at Annual NAMI Hamilton County Dinner

“Shake it off” ... “Everybody goes through bad patches” ... “Chin up” ... “It’s all in your head!”

Sound familiar? Stephen Strakowski, MD, knows that for those who struggle with mental illness, dark thoughts and cloudy moods really are all in their head. But—and here’s the catch—they’re biologically based and not a sign of moral failing or personal weakness. “The brain,” he says, “is vulnerable to going awry.”

Strakowski, chair of Psychiatry and Behavioral Neuroscience at UC, discussed mental illness in an evolutionary context and condemned stigmatizing attitudes at the 2011 Annual Celebration of NAMI Hamilton County. The organization is the local branch of the National Alliance on Mental Illness.

Like a new automobile or the latest computer model, the part of our brain that houses the newest and most complex machinery is most apt to have a bug in it, Strakowski said. “Our big foreheads—the prefrontal cortex—is what makes us human. We’ve only had these big foreheads for 50,000 years, whereas we’ve been walking around for 4 million years. The newest part of the brain is the least tested over time.”

The new brain, he added, “has matured late, and it’s the seat of most,



Heather Turner, executive director of NAMI Hamilton County, with Stephen Strakowski, MD

if not all, mental illness.”

Looking out over a packed dining room at Hyde Park Country Club, Strakowski said the audience—a record 225 for NAMI’s annual celebration—showed that “people are finally starting to get it.” Mental illness, which accounts for five of the 10 most disabling conditions in the world, is vitally important, he said.

In summary, people who dismiss depression or other mental illness as being “all in your head,” are uneducated about the biological mechanisms underlying the disease. “Stigma is always based on ignorance,” Strakowski said. “Typically, the most stigmatizing people know the least about what they’re talking about.”

Strakowski encouraged his audience to continue working to “spread knowledge and help people understand these illnesses.” ■

Written by Cindy Starr

Curell and Bullock Earn NAMI Awards

James Curell, MD, associate professor of clinical psychiatry, and Scott Bullock, family eating disorders therapist and intake eating disorders coordinator at the Lindner Center of HOPE, were honored with 2011 Awards of Excellence at NAMI Hamilton County’s annual celebration.

Curell was named “Lucille Pederson Hardgrove Exemplary Educator,” while Bullock was honored as “Exemplary Therapist.” ■



Bullock



Curell

Save the date: **NAMI Walks at Sawyer Point, May 12, 2012.**

Research Presentation: Challenges Require Teamwork

Research activity at the UC College of Medicine faces substantial challenges, but those challenges can be overcome through teamwork, willingness to change and a shared striving for excellence, Stephen Strakowski, MD, said in a Jan. 17, 2012, presentation to College of Medicine faculty and staff.

Strakowski, senior associate dean for research at the College of Medicine and vice president of research for UC Health in addition to his duties as chair of the Department of Psychiatry and Behavioral Neuroscience, delivered the talk as part of a series of presentations by senior leadership at the College of Medicine.

"If we pull together, we're going to be fine," Strakowski told about 200 faculty and staff. "If we don't, it will be very difficult to navigate this tough economic time."

Strakowski stressed that the research mission is central to the identity, prestige and success of the College of Medicine and UC Health.

"It's really what separates our health system from all of the other health systems in the region," he said. "We do research—groundbreaking discovery to help our patients get better.

"So our research mission is a critical mission that we have to continue to foster,

Plans aimed at enhancing the College of Medicine research effort include:

- An accessible research database.
- A UC College of Medicine "study section" to help get grants funded.
- A program to identify and retain the best and the brightest students, fellows and residents at the UC College of Medicine.
- A plan for effectiveness research.
- Research in the Epic electronic medical records system.
- A pilot research program.
- Enhancing the university's pre-med program.
- Implementing a shared health system/college clinical research infrastructure.

"Being really good at something gives you an advantage. ... Excellent science will get funded all the time, so we need to keep focusing on excellence."

Stephen Strakowski, MD

grow and promote."

The most pressing challenge facing research at the College of Medicine, he said, is growing it in a tough fiscal environment that includes the after-effects of national and international recessions, reduced National Institutes of Health funding levels and a \$10 million financial shortfall for the College of Medicine in the current fiscal year.

"We have a trend (in funding levels), and the trend is not going the way we'd like it to. ... It is going the wrong way, and we really want to figure out how to fix that," Strakowski said, adding that publications and grant applications have also declined.

Strakowski said the college's research community must accept change to meet the challenge and outlined a change model for the College of Medicine, including elimination of redundancies and excesses, expansion of key areas, anticipation and skillful management of economic threats and refining, updating and supporting of critical infrastructure.

Strakowski said the College of Medicine needs to reach a better understand-

ing of its research programs and complete a revised plan for research in 2012.

Key strategies, he said, will include a focus on excellence and translation, featuring investment in strong programs, top individual investigators and multi-disciplinary programs.

The College of Medicine has taken steps toward building a sounder infrastructure, including the creation of the senior associate dean for research position by Thomas Boat, MD, after he took over as dean of the college and UC vice president for health affairs July 1, 2011. Strakowski's duties in that position include leading the college's research mission, developing and implementing a strategic plan for that mission, overseeing research infrastructure development, advising Boat on research-related matters and sitting on the Dean's Cabinet to manage the college.

Strakowski said a Research Cabinet has been created, with responsibilities and priorities that include strategic planning and implementation, review of the College of Medicine's research infrastructure, review of the College's graduate education and improved communication. ■



Go to med.uc.edu, and look in the "Dean's Corner" for the link to the slides for this presentation.

About 200 faculty and staff from the UC College of Medicine attended a presentation on research by Stephen Strakowski, MD, who was speaking in his role as senior associate dean for research at the College of Medicine and vice president of research for UC Health.

CONGRATULATIONS
to department clinicians
receiving “top doctor”
designation in 2011:

Cincinnati Magazine Top Doctors:

Paul Keck Jr., MD
Stephen Strakowski, MD
Lawson Wulsin, MD

U.S. News & World Report Top Doctors:

Stephen Strakowski, MD

Cincy Magazine “Best Docs”

(compiled by Best Doctors in America Inc.):

| | |
|--------------------------|--------------------------|
| Cal Adler, MD | Susan McElroy, MD |
| Lesley Arnold, MD | Douglas Mossman, MD |
| Charles Collines, MD | Henry Nasrallah, MD |
| Melissa DelBello, MD | Erik Nelson, MD |
| R. Jeffrey Goldsmith, MD | Anne Marie O’Melia, MD |
| Debra Harris, MD | Floyd Sallee, MD |
| Paul Keck Jr., MD | Michael Sorter, MD |
| Michael Keys, MD | Stephen Strakowski, MD ■ |
| Robert Kowatch, MD, PhD | |

▼ At halftime of the UC-West Virginia football game Nov. 12 at Paul Brown Stadium, UC Health honored more than 50 of its physicians who were named Best Doctors in America, Top Doctors in U.S. News & World Report and/or Top Doctors by Cincinnati Magazine. In the most recent list, Cincinnati Magazine named 179 UCHealth specialists as Top Doctors in their fields. ■



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