



## Department Newsletter

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### Inside this issue:

Message From The Chair	1
Upcoming Events	1
New Recruits	2-3
Faculty News	4-7
Publications	8-9

### [Message from our Chair](#)

Exciting times in our department. Several faculty members and trainees have received national recognition for their science and educational accomplishments including write ups and appearances in the NY Times, Wall Street Journal and NBC Nightly News. In addition, we have been very successful in recruiting several talented clinician educators to our department see pages 2 and 3. They will enrich our educational programs and improve the care we deliver to our patients. We are preparing for the annual Erminio Costa Memorial Lecture which will occur in April. Bryan Roth, MD, PhD, Professor at the University of North Carolina is the keynote speaker this year. The recruitment season for our residency program has concluded and we are preparing for the national match. We had a successful match for our fellows in Child Psychiatry this year. Congratulations to Kelley Volpe and her team!

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### [Upcoming Department's Grand Rounds:](#)

<b>Wednesday 2/20/2019:</b>	<b>Brian Jason Salzverg, MD</b>
<b>Wednesday 2/27/2019:</b>	<b>Jennifer Lloyd, MD</b>
<b>Wednesday 3/6/2019:</b>	<b>Andreea Seicean, MD,MPH, PhD</b>
<b>Wednesday 3/13/19:</b>	<b>Psychology Intern Clinical/Research Presentation I</b>
<b>Wednesday 3/20/19:</b>	<b>Psychology Intern Clinical/Research Presentation II</b>
<b>Wednesday 3/27/19:</b>	<b>Mark Rasenick, PhD</b>
<b>Wednesday 4/3/19:</b>	<b>Social Work Trainees –Clinical Case Conference</b>

## Please join us in welcoming new recruits to the UIC Psychiatry Family!



**Surya Sabhapathy, MD, MPH** majored in Brain, Behavior, & Cognitive Science and Evolutionary Anthropology during her undergraduate studies at the University of Michigan (Ann Arbor). She obtained her medical and masters of public health degrees from the University of Michigan (Ann Arbor). She will graduate from the Psychiatry Residency Program here at the University of Illinois at Chicago this June 2019, serving as Chief Resident this year. Dr. Sabhapathy's clinical and academic interest are in medical/residency education, women's mental health, LGBTTQQAAP mental health, and integrated care. She will be joining our Mood and Anxiety Disorders Program.



**Jenifer Lloyd, MD** majored in French during her undergraduate studies at New York University. She obtained her medical degree from the College of Medicine at the University of Illinois at Chicago. She will graduate from the Psychiatry Residency Program here at the University of Illinois at Chicago this June 2019. Dr. Lloyd's clinical and academic interests are in inpatient services and severe mental illness, such as schizophrenia and other psychotic disorders and bipolar disorder. She will be joining our Anchor Point/Psychosis Program.



**Angela Shrestha, MD** majored Medical Technology (Specialization in Science, Technology, Environment and Public Policy) during her undergraduate studies at Michigan State University. She obtained her medical degree from the College of Human Medicine at Michigan State University. She graduated from the Psychiatry Residency Program here at the University of Illinois at Chicago this June 2018, including a Women's Mental Health Fellowship. She will be completing fellowship in Global Mental Health this June 2019, and has been a part-time attending psychiatrist in our Department. Dr. Shrestha's clinical and academic interests are in Women's Mental Health, particularly of immigrant and refugee women, and Community Mental Health. She will be joining the Mood and Anxiety Disorders Program and leading a new Women's Resiliency Clinic within that Program.



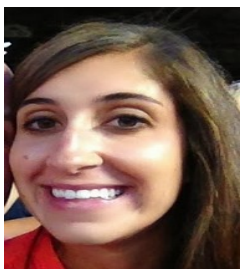
**Ashley Mulvihill, MD** graduated from the Chicago Medical School at Rosalind Franklin University of Health Sciences where she was inducted into the AOA Honors Society. She graduated from the Adult Psychiatry Residency, Women's Mental Health and Child and Adolescent Psychiatry Fellowships here at the University of Illinois at Chicago. She is board certified in both General Psychiatry and Child and Adolescent Psychiatry. Dr. Mulvihill joined our Department in July 2018 and works both in the Women's Mental Health Program and Child Adolescent Division to expand integrative services around maternal-child mental health. Her clinical and academic interests are in the care of children, women, and families with various psychiatric issues including those related to pregnancy, postpartum, infertility, and motherhood. Dr. Mulvihill has a particular interest in working with expectant and new mothers with their children to improve family wellness and prevent adverse child experiences.



**John Steven Cummins MD, MFA** majored in Sociology during his undergraduate studies at Grinnell College, and obtained a Master of Fine Arts in Creative Writing - Poetry from Columbia College Chicago, where he joined the faculty in English. He obtained his medical degree from the University of Missouri – Columbia, and graduated from the Psychiatry Residency Program at the University of Missouri - Columbia, where he was Chief Resident and Chief Resident for Academics. Dr. Cummins's clinical and academic interests are in medical/residency education, LGBTTQQAAP mental health, and inpatient services and severe mental illness, such as schizophrenia and other psychotic disorders and bipolar disorder. He joined our Anchor Point/Psychosis Program in July 2018 and currently serves as Assistant Director of our Psychiatry Inpatient Service.

**Please join us in welcoming new recruits to the UIC Psychiatry Family!****(Cont.)**

Jaclyn Weisman, PhD majored in Psychology during her undergraduate studies at Northwestern University. She obtained her M.A. and Ph.D. in clinical psychology and clinical science from Washington University. She completed her clinical psychology internship at the University of Chicago, where she is currently a postdoctoral fellow in clinical health psychology. Dr. Weisman's clinical and academic interests are in evidence-based psychotherapy for mood and anxiety disorders, obsessive-compulsive disorder, health psychology and integrated care. She will be joining our Mood and Anxiety Disorders Program.



Ashley Imburgia, PsyD majored in Psychology during her undergraduate studies at Rollins Colleges. She obtained her M.A. in clinical psychology at the University of Indianapolis, and her M.S. and Psy.D. in clinical psychology at Nova Southeastern University. She has a joint appointment with the Department of Family Medicine (75%) and Department of Psychiatry (25%). Dr. Imburgia's clinical and academic interests are in evidence-based psychotherapy for mood and anxiety disorders and health/sports psychology and integrated care. She recently joined our Mood and Anxiety Disorders Program.



Dr. Mathias Lillig currently serves as Director of the Adolescent Inpatient Service and Director of Child Psychiatric Services at the University of Kansas-Wichita where he has been Assistant Professor of Psychiatry and Behavioral Sciences since 2014. He received his BA in Hispanic Literature at Notre Dame, MA in Hispanic Literature at the University of Kansas, and an MD at UIC. He did his residency in psychiatry at Lutheran General Hospital from 2002 to 2006, and his child psychiatry fellowship at UIC from 2006 to 2008. Dr. Lillig worked in private practice from 2008 to 2014. Dr. Lillig will be joining the Child and Adolescent Psychiatry Division as its Medical Director of the Pediatric Mood Disorders Clinic (PMDC).



Amber May, MD, currently serves as Chief Fellow in the UIC Child and Adolescent Psychiatry fellowship. She attended the University of Chicago where she obtained a B.A. in biology with specialization in neuroscience. She earned her medical doctorate at Southern Illinois University School of Medicine, honoring in psychiatry and humanities clerkships. Dr. May joined the UIC family for Psychiatry residency and continued in the CAP fellowship. Dr. May has a strong interest in academic psychiatry and has presented posters at professional conferences locally and nationally. Upon completion of the fellowship, Dr. May will be joining the Division of Child and Adolescent Psychiatry as its Medical Director of the Comprehensive ADHD Clinic (CAC)

## Faculty News

### **UIC Identical twin Chief Residents featured on NBC Nightly News!**

**Dr. Brandi Jackson**, Chief Resident in the Department of Psychiatry and twin sister Dr. Brittani Jackson, former Chief Resident in the college of Medicine– Family Medicine, were featured on the NBC Nightly News. They discussed their journey at UIC, and their mission to inspire the next generation in medicine.



Congratulations to **Dr. John Zulueta** and team, one of our first year Clinical Informatics (CI) Fellows for his project getting recognition in the 2019 Pocket Facts for the entire University of Illinois. His project was one of only 10 highlights mentioned in the attached handout from across all of our 3 University campuses (Chicago, Urbana-Champaign, and Springfield). Thank you John for your great work, to all of our CI Fellows (Drs. Al Alsadi, Monique Diaz and Kamel Azhar) for your great work and to Dr. Tushar Patel for leading the CI Fellow Program! We also appreciate the great mentors and researchers in the Department of Psychiatry for being such great collaborators with us. You all make coming to work a joy every day!

PS – You may want to download the BiAffect App from the Apple Store: <https://itunes.apple.com/us/app/biaffect/id1355144276>

Congratulations to **Dr. Mark Rasenick** for being inducted into the National Academy of Sciences of Cuba.

**Dr. Pauline Maki**, professor of psychiatry and psychology at UIC, is quoted in an article in the New York Times on menopause. Maki recently published an editorial in the journal *Obstetrics & Gynecology* in which she described ‘brain fog’ often associated with menopause. “The most helpful thing we can do is to normalize these experiences for women who are transitioning through the menopause and let them know that women’s brains are sensitive to fluctuating levels of estrogen, both in terms of cognitive ability and mood,” Dr. Maki said. Read the full article here: <https://nyti.ms/2Sd56Zu>

## Faculty News (cont.)

**Dr. Judith Cook** was one of three grantees chosen to speak at the 40th anniversary celebration of the National Institute on Disability, Independent Living, and Rehabilitation Research in Washington, DC attended by the head of HHS and other federal officials.

<https://content.govdelivery.com/accounts/USACL/bulletins/2174161>

**Geri Fox, MD, MHPE** became the Chair of the Department of Psychiatry on the UICOM Rockford campus in September 2018. She continues to serve as Associate Dean for Wellness and Resilience for UICOM campus-wide. Dr. Fox has started a Rockford chapter of our Klingenstein Third-Generation Foundation Jay G. Hirsch Medical Student Child and Adolescent Psychiatry Interest Group, collaborating with Melissa Wagner, MD, PhD. and Kelley Volpe, MD on the Chicago campus.

**Dr. Herbozo** was invited by the Integrated Health section of the American Society for Metabolic and Bariatric Surgery to lead a “Cultural Competence in Bariatric Surgery” course at the annual Obesity Week conference in Nashville, TN.

**Dr. Herbozo** also received a research award from the Clinical Management of Obesity section of the Obesity Society for her research on “Food addiction, dieting, and weight cycling in adults with obesity seeking weight loss treatment.” Dr. Eisele and Dr. Newman were co-authors of this project.

**Dr. Dana Rusch**, assistant professor of clinical psychiatry at the College of Medicine and Institute for Juvenile Research, and Yolanda Suarez-Balcazar, professor and head of occupational therapy and professor of disability and human development at the College of Applied Health Sciences, were guests on Radio Bilingue’s program “Linea Abierta.” Rusch and Suarez-Balcazar talked about the public health effects of detention and deportation on immigrant communities. Listen to the interview online (interview starts at 34 min.): <https://bit.ly/2Cnuzu1>

**Dr. Katie Burkhouse** was the recipient of a UIC Pilot Neuroimaging Grant for project entitled "Brain-Behavior Markers of Emotion in Depressed Mothers and Their Daughters" [Co-I's: Amy Peters (Clinical Psychology Intern) and Katie Bessette (Clinical Psychology Graduate Student)].

Congratulations to **Dr. Pauline Maki** on the 2018 Women in Science Award from the American Women’s Medical Association.

U.S. News & World Report covered the release of guidelines for detecting and treating perimenopausal depression co-written by **Dr. Pauline Maki**, professor of psychiatry and psychology in the UIC College of Medicine. The guidelines are the first to address this issue, and were published this past September in the journals *Menopause* and the *Journal of Women’s Health*. The guidelines suggest how to tell the difference between perimenopause and depression. “The most important finding, the lowest hanging fruit, is that perimenopause, like puberty and postpartum, is a window of vulnerability,” Maki says. “Within that window, it is important to distinguish between two types of mood disorders.” Providers need to be most concerned about major depression, which involves symptoms that affect function in a significantly debilitating way, she says. “In addition, since every woman goes through menopause if she lives long enough, it is important to talk about symptoms that don’t meet the criterion for major depression but still impact quality of life, well-being, work and interpersonal quality, what we call elevated depressive symptoms.” Read the full article here: <https://bit.ly/2yRPhQw>



## Faculty News (cont.)

**Dr. Marc Atkins**, professor of psychiatry and psychology in UIC's Institute for Juvenile Research, is quoted in a Chicago Sun Times article about new research on a new statement from the American Academy of Pediatrics about spanking children. The statement notes that corporal punishment — and verbal abuse — can harm kids. "The distinction between disciplining and then going out and beating somebody up because you don't like them is not a distinction that is very clear to little kids," Atkins says. Read the full article here:

<https://bit.ly/2qAutZ2>

**Dr. Amy Lasek** presented a talk entitled "Perineuronal nets in the insula regulate aversion-resistant alcohol consumption" at Neuroscience 2018 in San Diego, CA.

**Bertha Vandegrift**, a graduate research assistant in **Dr. Amy Lasek** and Dr. Mark Brodie's laboratories, presented a poster at Neuroscience 2018 in San Diego, CA that was selected as a "Hot Topic".

**Dr. Amy Lasek** was awarded a pilot project grant from the Center for Clinical and Translational Science (CCTS) at UIC to study "Degradation of brain estrogen receptors to reduce harmful alcohol drinking"

**Dr. Amy Lasek** was appointed the Chair of the UIC Animal Care Committee (ACC) at UIC.

**Dr. Mark Rasenick**, professor of physiology and biophysics in the UIC College of Medicine, is quoted in a Chicago Tribune article on the removal of Ottawa's Catholic parish Rev. Jeffrey Windy over allegations that he was manufacturing and selling a drug called GHB, also known as the 'date rape' drug. Rasenick says of the drug's use for bodybuilding purposes: "It is the fabric of urban legend. When you take GHB — it's sedating. If you sleep well, you make more human growth hormone. And bodybuilders are known to inject human growth hormone. None of this has ever been proven to work." Read the full article here: <https://trib.in/2Qkr1Aq>

**Dr. Jonathan Stange**, was selected to participate in the Alies Muskin Career Development Leadership Program at the Anxiety and Depression Association of America.

**Dr. Judith Cook** was one of three grantees chosen to speak at the 40th anniversary celebration of the National Institute on Disability, Independent Living, and Rehabilitation Research in Washington, DC attended by the head of HHS and other federal officials <https://www.hhs.gov/live/index.html>

In November 2018, **Dr. Lisa Razzano** was quoted in the Mount Vernon-Lisbon Sun as well as the Cornell College Campus News in Iowa as a senior consultant to Cornell College, recently funded by the Rebecca Buffet Foundation to develop, implement, and evaluate an innovative college mental health initiative, the Cornell College Well-Being Network.

## [Faculty News \(cont.\)](#)

**Dr. Alex Leow**, associate professor of psychiatry and bioengineering in the UIC College of Medicine, is quoted in an Associated Press article on apps that can help monitor or detect depression. Leow, along with several fellow developers including Peter Nelson, dean of the UIC College of Engineering, [created BiAffect](#), an app that unobtrusively monitors keyboard dynamics metadata, such as typing speed and rhythm, mistakes in texts, and the use of backspace and auto-correct. The metadata, but not the content of the text, is analyzed using an artificial intelligence-based machine learning approach to identify digital biomarkers of manic and depressive episodes in people with bipolar disorder. “We are tracking the equivalent of a heartbeat for the human brain,” said Leow. Read the full article here: <https://bit.ly/2F6iSdU>

**Dr. Olusola Ajilore**, associate professor of psychiatry in the UIC College of Medicine, was on WBEZ’s ‘Morning Shift’ . Dr. Ajilore was speaking about BiAffect, an app he helped develop at UIC that uses cell phone usage metadata to predict manic and depressive episodes in people with bipolar disorder.

**Dr. Stephanie Gorka**, assistant professor of psychiatry in the UIC College of Medicine, is quoted in a Chicago Tribune article about the idea of a ‘dry January’ where alcohol is avoided for the first month of the year. The idea is popular with people who want to cut down. “It’s healthy as long as you’re realistic with yourself, and that means realistic in your goals and your reasoning,” she said. “In the ideal outcome, it would give you a chance to re-evaluate if this is how you want to spend your time.” Read the full Tribune article here: <https://trib.in/2D6eGs4>

The Economic Times (<https://bit.ly/2WPPgHe>), Medical Xpress (<https://bit.ly/2GhNIGo>), Business Standard (<https://bit.ly/2DZxQAp>), and Science Daily (<https://bit.ly/2DdBdSJ>) reported on research from **Dr. Subhash Pandey**, professor of psychiatry and director of the UIC Center for Alcohol Research in Epigenetics. His recent study showed that lasting changes seen in the brains of individuals who started drinking early in life are the result of epigenetic changes that alter the expression of a protein crucial for the formation and maintenance of neural connections in the amygdala — the part of the brain involved in emotion, fear and anxiety.

In November, **Drs. Sally Weinstein and Julie Carbray** in the Pediatric Mood Disorders Clinic (PMDC) hosted a team of 8 visiting colleagues from Lund, Sweden to promote the ongoing collaboration of our teams on the international development of treatment and research focused on pediatric bipolar disorder. This visit was supported by a grant from the Jerringfonden Foundation. The Swedish team observed PMDC assessments and the RAINBOW Group Therapy program for youth with bipolar disorders and their families, met with PMDC trainees, and shared their own work translating, implementing, and studying RAINBOW (Child- and Family-Focused CBT) for adolescents with bipolar disorder in their clinic in Sweden.



## Publications

Weafer J, Ross TJ, O'Connor S, Stein EA, de Wit H, **Childs E.** (2018). Striatal activity correlates with stimulant-like effects of alcohol in healthy volunteers. *Neuropsychopharmacology*. <https://rdcu.be/4hZh>

**Crane NA, Gorka SM, Phan KL, Childs E.** (2018) Amygdala-orbitofrontal functional connectivity mediates the relationship between sensation seeking and alcohol use among binge-drinking adults. *Drug Alcohol Depend.* 192:208-214. <https://authors.elsevier.com/a/1Xw9M1LiD2xrwo>

Critchfield, E. A., **Soble, J. R.**, Marceaux, J. C., Bain, K. M., Bailey, K. C., Webber, T. A., Alverson, W. A., Messerly, J., Gonzalez, D. A., & O'Rourke, J. J. F. (in press). Cognitive impairment does not cause performance validity failure: Analyzing performance patterns among unimpaired, impaired, and noncredible participants across six tests. *The Clinical Neuropsychologist*.

Webber, T. A., Bailey, K. C., Alverson, W. A., Critchfield, E. A., Bain, K. M., Messerly, J. M., O'Rourke J. J. F., Kirton, J. W., Fullen, C., Marceaux, J. C., & **Soble, J. R.** (in press). Further validation of the Test of Memory Malingering (TOMM) Trial 1: Examination of false positives and convergence with other validity measures. *Psychological Injury and Law*

Webber, T. A., Critchfield, E. A., & **Soble, J. R.** (in press). Convergent, discriminant, and concurrent validity of non-memory-based performance validity tests. *Assessment*.

Webber, T. A., Marceaux, J. C., Critchfield, E. A., & **Soble, J. R.** (in press). Relative impacts of mild and major neurocognitive disorder on rate of verbal learning acquisition. *Archives of Clinical Neuropsychology*.

**Pinna G.** Biomarkers for PTSD at the interface of the endocannabinoid and neurosteroid axis. *Frontiers in Neuroscience*. 2018. doi: 10.3389/fnins.2018.00482 <https://www.ncbi.nlm.nih.gov/pubmed/30131663>

Nisbett KE and **Pinna G:** Emerging therapeutic role of PPAR-alpha in cognition and emotions. *Frontiers in Pharmacology*. 2018. doi: 10.3389/fphar.2018.00998 <https://www.ncbi.nlm.nih.gov/pubmed/30356872>

Aspesi D and **Pinna G:** Could a blood test for PTSD be on the horizon? *Expert Review of Proteomics*. 2018. doi: 10.1080/14789450.2018.1544894. <https://www.ncbi.nlm.nih.gov/pubmed/30394136>

Pineles, S.L., Nillni, Y.I., **Pinna, G.**, Irvine, J., Webb, A., Arditte Hall, K. A., Hauger, R., Miller, M. W., Resick, P.A., Orr, S.P., & Rasmusson, A.M., PTSD in Women is Associated with a Block in Conversion of Progesterone to the GABAergic Neurosteroids Allopregnanolone and Pregnanolone: Confirmed in Plasma. *Psychoneuroendocrinology* 93:133-141. doi: 10.1016/j.psyneuen.2018.04.024. <https://www.ncbi.nlm.nih.gov/pubmed/29727810>

Boeke A, Pullen B, Coppes L, Medina M, **Cooper JJ.** Catatonia Associated With Systemic Lupus Erythematosus (SLE): A Report of 2 Cases and a Review of the Literature. *Psychosomatics*. 2018, In Press.



## [Publications \(cont.\)](#)

Medina M, **Cooper JJ**. Utility of the Clock Drawing Test in the Assessment of Catatonia. *J Neuropsychiatry Clin Neurosci*. 2018, In Press.

Creedon J, Eisenberg J, **Fox G**, Myint M, Sidhu S. Zalpuri I. "Resiliency in Residency and Beyond: Promoting Wellness in Yourself and Your Workplace." AACAP Annual Meeting, Seattle, WA, October 24, 2018.

**Fox G**. "Saying Goodbye: A Stimulus Video Conversation about Aging, End-of-Life, Attachment, and Loss". Psychiatry Grand Rounds, Desert Vista Behavioral Health, Maricopa Integrated Health System, Mesa, AZ, December 5, 2018.

**Fox GS**. We Didn't See It Coming, and You Should Have Thought Twice: Sexual Advances from Our Former Teachers. *Academic Psychiatry*. 2018 Apr 25. doi: 10.1007/s40596-018-0905-7. downloadable pdf at <https://rdcu.be/YXvI>

L. Stead, M. Kaufman, **S. Blitzstein**. First Aid for the Psychiatry Clerkship, 5<sup>th</sup> edition With chapter contributions from Faculty Dr. Kelley A. Volpe, Child/Adolescent Fellow Amber C. May, and Chief Residents Drs. Brandi M. Jackson and Surya Sabhpathy.

Bessette, K. L., **Burkhouse, K. L., & Langenecker, S. A.** (in press). An interactive neuroscience perspective on resilience to familial depression. Invited commentary, *JAMA Psychiatry*.

**Burkhouse, K. L., Gorka, S. M., Klumpp, H., Kennedy, A. E., Francis, J., Ajilore, O., Craske, M. G., Langenecker, S., Shankman, S. A., Hajcak, G., & Phan, K. L.** (in press). Neural responsiveness to reward as an index of depressive symptom change following cognitive-behavioral therapy and selective serotonin reuptake inhibitor treatment. *The Journal of Clinical Psychiatry*.

**Dr. Lott** was designated as a Senior Trainer for Illinois for providing technical assistance for the federal State Targeted Response grant for expanding opioid use disorder treatment.

Also published the following invited commentary article:

Lott, DC. Extended-release naltrexone: good but not a panacea. *Lancet*. 2018 Jan 27;391(10118):283-284. doi: 10.1016/S0140-6736(17)32872-6.

**Stange, J. P., Jenkins, L. M., Bessette, K. L., Kling, L. R., Bark, J. S., Shepard, R., Hamlat, E. J., DelDonno, S., Phan, K. L., Passarotti, A. M., Ajilore, O., & Langenecker, S. A.** (in press). Predictors of attrition in longitudinal neuroimaging research: Inhibitory control, head movement, and resting-state functional connectivity. *Brain Connectivity*.

Boeke A, Pullen B, Coppes L, Medina M, **Cooper JJ**. Catatonia Associated With Systemic Lupus Erythematosus (SLE): A Report of 2 Cases and a Review of the Literature. *Psychosomatics*. 2018, In Press.

Medina M, **Cooper JJ**. Utility of the Clock Drawing Test in the Assessment of Catatonia. *J Neuropsychiatry Clin Neurosci*. 2018, In Press.