



Department Newsletter



Message from our Chair

As we enter this Spring season, which is a time of growth and renewal, the Department of Psychiatry has much to reflect upon and celebrate.

Our external environment provides many indications of growth and renewal, as flowers and trees are beginning to bloom, the weather temperatures are periodically warmer (yet we are in Chicago, so snow can still also appear!), and daylight is generally longer.

Our internal environment also provides many indications of growth and renewal. We celebrate our Residents and their many accomplishments. As our soon-to-be graduating Residents take their next step in the career journey, they are wished much fulfillment, success and ongoing growth. We look forward to welcoming our new Residents after the recent exciting Match Day announcements. We also celebrate our Fellows and Interns who are ready to complete their programs and take their next steps in their career journey. We anticipate and welcome the additional trainees who will be joining us as Fellows and Interns. And we certainly celebrate those trainees who are making progress in their training programs with us as they continue their training into the next academic year.

We are grateful for all the dedicated efforts and accomplishments of our Faculty and Staff, and celebrate each of their wonderful contributions to the Department of Psychiatry's academic, clinical, and research environments. We also welcome the new Faculty and Staff who have recently joined us.

You have my best wishes for a wonderful Spring season. Thank you for all you do each and every day.

Regards,

Anand Kumar, MD, MHA

**Message From
The Chair** 1

**Upcoming
Events** 2

**Faculty &
Staff News** 3-5

**Psychiatry
Publications** 6



Upcoming Events:

Annual Erminio Costa Lecture

Keynote Speaker:

Arturas Petronis, MD, PhD
Senior Scientist

**Neurosciences and Clinical Translation
Centre for Addiction & Mental Health
The Krembil Family Epigenetics Laboratory
Toronto, Ontario Canada**



**“Chrono-epigenomics of psychiatric
disease with some brain imaging flavour”**

Wednesday, April 17, 2024

College of Medicine West Tower

1853 W. Polk Street

CMWT Room 227

1:00pm to 2:00pm

Faculty and Staff News

Psychiatry Department proudly presents our 2024-2025
PGY-1 Psychiatry Residents



Christian Brown, MD
Medical College of Georgia
at Augusta University



Jessica Cheng, MD
University of Chicago
Pritzker School of Medicine



Joshua Hollman, MD
Ohio State University Col-
lege of Medicine



Sara Malik, MD
Northwestern University Feinberg
School of Medicine



Alyssa McBride, MD
Northwestern University
Feinberg School of Medicine



Vidushri Mehrotra, MD
Case Western Reserve University
School of Medicine



Ashley Sablich, MD
Northwestern University
Feinberg School of Medicine



Shomari Sankara, MD
Johns Hopkins University School
of Medicine



Sophia Yackel, MD
Chicago Medical School at
Rosalind Franklin University



Roger Yu, MD
University of Chicago
Pritzker School of Medicine

Faculty and Staff News

The Klingenstein Third-Generation Foundation Child and Adolescent Psychiatry Medical Student Fellowship's (KTGF) annual conference was hosted by UIC on January 27th with over 170 students and faculty from 14 medical schools in attendance. The medical student planning team was led by Emonii Robinson and Jen Swartz UICOM Chicago, Carmenisha Ward UICCOM Rockford and Amaka Okagbue UICCOM Rockford. The student led conference was an outstanding demonstration of our UICCOM strength, diversity, and commitment to children and families across our UICCOM communities.

Dr. Niranjan Karnik has been appointed as Multiple Principal Investigator of the UIC Center for Clinical & Translational Science. (CCTS) He previously served as Associate Director of the CCTS KL2 Program. CCTS is funded by a grant from the National Center for Advancing Translational Sciences (UL1-TR002003). He joins Drs. **Robin Mermelstein** and Rick Novak as MPIs on this grant as they collectively develop the application for the next cycle.

Dr. Niranjan Karnik UIC IJR Director welcomed the group of medical students and program directors including UICCOM directors from the 14 KTGF programs which exposes medical students to children's mental health research, treatment and advocacy and encourages students to explore careers in child and adolescent psychiatry. Dr. Tami Benton, President of the American Academy of Child and Adolescent Psychiatry gave an inspiring keynote address and highlighted the extraordinary need for workforce development in child and adolescent psychiatry especially in our post pandemic world. **Dr. Geri Fox** UICCOM-Rockford Department of Psychiatry Chair offered an inspiring tribute to Dr. Jay Hirsch whom the Jay G Hirsch UICCOM Klingenstein Medical Student Fellowship honors. **Dr. Kelley Volpe and Dr. Julie Carbray** (Chicago) and **Dr. Geri Fox** and Dr. Adrienne Adams (Rockford) and Dr. Lourdes Delgado-Serrano (Peoria) serve as co-directors of the UICCOM Jay G Hirsch KTGF Fellowship.

Dr. Judith Cook is co-investigator of the new national RRTC on Community Living and Participation among People with Serious Mental Illnesses (grant #90RTCP0008) located at Temple University (Dr. Mark Salzer, PI, 2023-2028). This RRTC is generating new research-based knowledge to advance community living and participation outcomes of people with serious mental illnesses.

Dr. Judith Cook's Center released a new episode of its Participatory Action Research (PAR) podcast series featuring an interview with Dr. Laysha Ostrow, who reflects on her personal recovery journey and advice to scholars who are interested in applying participatory action research techniques and starting their own small businesses.

<https://www.center4healthandsdc.org/par-podcast.html>

On February 2024, **Dr. Dana Rusch** was invited by the Undocumented Student Resources Committee at University of Wisconsin-Parkside to present to staff, faculty, and students on how to support the mental health of undocumented students. In this interactive workshop, participants learned about the mental health challenges associated with being an undocumented or DACA Individual. "Dr. Rusch shared how we can support students and families currently experiencing mental health issues and/or trauma due to their citizenship status. Through exploration and discussion of realistic scenarios, participants will unlock key strategies for nurturing mental health and well-being for DREAMers".

Faculty and Staff News (cont.)

Dr. Lisa Razzano has been re-appointed to the American Psychiatric Association's Scientific Advisory Committee for the APA's Mental Health Services Conference. Dr. Razzano also is a co-chair for the review, selection, and judging of resident, medical student, and trainee research posters at the event.

Dr. Natania Crane gave an invited talk, "Cannabis and Mental Health" at the Northwest and Pacific Southwest ATTCs and the Western States Node of the NIDA Clinical Trials Network (CTN) monthly webinar on February 28, 2024. www.youtube.com/watch?v=Mw-rJOpHSPo

Dr. Sally Weinstein presented "What's Up with the Winter Blues: Understanding Seasonal Affective Disorder", Invited Virtual Program: Feed Your Mind Series, No Shame on U (www.noshameonu.org).

Dr. Pauline Maki is extensively quoted in this Brain On Menopause piece.

Excerpt:

Historically, this connection has been underestimated. Many factors have delayed our understanding, but to sum it up: "Ageism and sexism and their intersection probably contributed to this not being a priority," says Pauline Maki, a professor, and director of the women's mental health research program, at the University of Illinois at Chicago. She has noticed a surge of interest lately, stretching from the medical establishment to the celebrity realm, in fully understanding menopause and normalizing it. "I've been in this field for most of my life, and it astounds me what a sea change there is right now," Maki says.

Dr. Lisa Suarez is featured in an article in Discover Magazine. Dr. Suarez discusses how living in a large metropolitan city can impact your mental health. <https://www.discovermagazine.com/mind/the-noise-and-pollution-of-a-city-could-impact-your-mental-health>

Dr. Alex Leow's appearance on NPR's "All Things Considered". Dr. Leow and retired two-star Army General Gregg Martin discuss mental health in the military, and their mission to let veterans know there is life after a bipolar diagnosis.

<https://www.npr.org/2024/01/16/1225023148/helping-veterans-cope-with-life-after-a-bipolar-diagnosis>

Faculty and Staff News (cont.)

Presentations:

Cooper JJ, Workshop Facilitator, "Overcoming and Addressing Stigma In Substance use disorders (OASIS)," University of Alberta, Edmonton, Alberta, Canada, September 2023

Cooper JJ, Workshop Facilitator, "The Formative Assessment Rubric Experience (FARE) to Improve Lifelong Learning," (with Ashley Walker, Melissa Arbuckle, David Ross, Daniel Moreno de Luca, Hannah Pazderka, and Bernice Yau). Association for Academic Psychiatry, Vancouver, British Columbia, Canada, September 2023

Cooper JJ, Workshop Facilitator, "Follow the Yellow Brick Road: Teaching Through the Test," (with Ashley Walker, Melissa Arbuckle, David Ross, Bernice Yau), American Association of Directors of Psychiatric Residency Training, March 2024

Posters:

Valencia VA, Zheng L, Cooper JJ, "Psychosis Following Hemorrhagic Stroke with Temporal Epileptogenicity," American Neuropsychiatric Association, Houston, Texas, March 2024

Thomas A, Petry L, Cooper JJ, "A patient with catatonia in the setting of Down Syndrome Regression Disorder," American Neuropsychiatric Association, Houston, Texas, March 2024

Publications

Dr. Judith Cook and colleagues publish results of a study of the employment of certified peer specialists in workforce shortage areas. Ostrow, L., **Cook, J. A.**, Salzer, M. S., Pelot, M., & Burke-Miller, J. K. (2024). Employment of Certified Peer Specialists in Mental Health Professional Shortage Areas. *Administration and Policy in Mental Health and Mental Health Services Research*, 51(1), 134-143. <https://doi.org/10.1007/s10488-023-01318-2>

Hsu J, **Cooper JJ**, Ross DA. Not Just Counting Calories: A Neurodevelopmental Approach to Obesity. *Biol Psychiatry*. 2023 Sep 1;94(5):e15-e17.

Kyzar EJ, Arbuckle MR, Abba-Aji A, Balachandra K, **Cooper JJ**, Dela Cruz A, Edens E, Heward B, Jibson M, Jordan A, Moreno-De-Luca D, Pazderka H, Singh M, Weleff JJ, Yau B, Young J, Ross DA, Leveraging neuroscience education to address stigma related to opioid use disorder in the community: A pilot study. *Front. Psychiatry Sec. Addictive Disorders*, 17 March 2024. Volume 15 - 2024.

Dr. Weinstein published the following article, on behalf of the Child and Adolescent Mood Disorders Task Group of the NNDC, in *Journal of Affective Disorders*. Ghaziuddin, N., McClintock, S.M., Maixner, D.F., Miller, L.R., Husain, M., Wachtel, L.E., Siddiqi, S.H., Flood, M., **Weinstein, S.M.**, Frye, M.A., & Weiner, R.D.(2024). Cognitive effects of electroconvulsive therapy in depressed adolescents. *Journal of Affective Disorders*, e-pub ahead of print, <https://doi.org/10.1016/j.jad.2024.03.050>.

