



Dartmouth Psychiatry Newsletter

NEWSLETTER OF THE DARTMOUTH MEDICAL SCHOOL DEPARTMENT OF PSYCHIATRY

Volume 1, Issue 1

Summer 2010

Clinical Sites

- Dartmouth-Hitchcock Medical Center
- Dartmouth-Hitchcock Keene
- Dartmouth-Hitchcock Manchester
- Hanover Psychiatry
- New Hampshire Hospital
- Riverview Psychiatric Center
- West Central Behavioral Health
- White River Junction Veterans Affairs Medical Center

Research Groups

- Center on Aging
- National Center for PTSD
- Neuropsychology
- Neuropsychiatry
- Psychiatric Research Center
- Psycho-Oncology
- Psychopharmacology Research Group
- Trauma Interventions Research Group

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Announcing Our Department Newsletter

Welcome Thoughts from the Chair



Alan I. Green, M.D.

Our Dartmouth Department of Psychiatry includes about 140 members of the faculty, 100 members of the adjunct faculty and 110 members of the staff. While the Department is headquartered at DHMC, we are based in a diverse group of clinical and research sites scattered throughout the region. The geographic diversity of our sites alone, as well as the broad array of clinical, educational and research programs under the umbrella of Psychiatry, make it challenging for anyone to get a full grasp of the Department's activities. The 50th Anniversary Celebration this past November was the first opportunity for many of us to learn in-depth about the Department – its history, for sure, but also its current structure and activities. Out of the Anniversary glow came the suggestion from many fronts that we need a communication vehicle – one that will allow all members of the Department to share in its activities. I extend my sincere thanks to Da-Shih Hu and Claudia Zayfert, who have taken upon themselves the role of Co-Editors of the

Newsletter and have worked together to produce this very first issue. I expect that we will all find this issue, as well as the issues to come, a wonderful way to facilitate communication and ensure that everyone feels part of the Department of Psychiatry's vibrant life.

Note from the Newsletter Editors

Help Us Name the Newsletter

We welcome you to the first issue of the Dartmouth Medical School Department of Psychiatry Newsletter. We don't have a name, so we are having a contest to name the newsletter. Please submit as many entries as you like by emailing one of us. The creator of the winning name, chosen by the Newsletter Editorial Team, will receive a prize.

We have tried to make this newsletter as accurate and complete as possible. Nonetheless, we apologize in advance for any errors or omissions. If you let us know of any, we'll correct them in the next newsletter.

We will be contacting representatives at each site to collect information for each newsletter. Please feel free to contact us with any suggestions about how this newsletter could better meet your needs.

Claudia Zayfert, Ph.D.

Da-Shih Hu, M.D.

Co-Editors of the Department of Psychiatry Newsletter

In Memoriam

Brent Homoleski, M.D.

The flag on the Green at Dartmouth College was lowered to half-staff on May 19th and 20th in honor and in memory of our colleague **Brent Alexander Homoleski, M.D.**, Assistant Professor of Psychiatry, who died on Saturday morning, May 15th, from cardiovascular disease. He was 34 years old. The Psychiatry family at New Hampshire Hospital and Dartmouth Medical School has lost a still-growing giant. Let our remembrance of him enrich our lives and the lives of our patients over the coming years.



Paddlepower! (August 21-22, 2010)

Heidi Postupack

PADDLEPOWER is an annual two-day paddling event on the magnificent Connecticut River between Orford and Wilder. This year's PADDLEPOWER took place on August 21 and 22. About 100 volunteers and 150 paddlers raised money and awareness about suicide – more specifically, suicide prevention as administered by West Central Behavioral Health's Emergency

Services program. PADDLEPOWER was established eight years ago and has grown to impressive proportions with the help of hundreds of people who raise money, paddle, portage boats, provide food, entertain, and just plain support each other during this two-day adventure.

Last year it raised the most money ever – over \$100,000 – which came in the form of small cash donations, major corporate contributions, donated food, and the lending of items great and small. ♦

"The amazing outpouring of community support and generosity was quite a sight to behold."



"Ron Green's party was a blast! Many were on hand to honor his 25 years as training director"

Recent and Upcoming Events

50th Anniversary Event: November 6, 2009. A video recording is available at <<http://dms.dartmouth.edu/psych/news/symposia/2009/nov-6/>>.

NARSAD Health Minds Across America: April 10th. The second NARSAD event at Dartmouth included speakers **Steve Bartels, Alan Green, Mary Brunette, David Bucci, Allan Gulledge, and Jen Gottlieb**. NARSAD supports 17 Dartmouth faculty.

Lenzner Lecture, May 18th. Jürgen Unützer, M.D., M.P.H., M.A.: Integrated Mental Health Care: from Research to Practice.

Silberfarb Lecture: March 27th Ron Kessler, Ph.D.: The Global Burden of Mental Health Disorders.

Ron Green Celebration: A celebration was held June 3, 2010 to honor **Ronald Green, M.D.** for his 25 years of service as Training Director for the Department of Psychiatry. Past residents (some now faculty), current residents, and faculty offered reminiscences and songs to acknowledge Ron's "human spirit". As one of the songs, "The Subtentorial Homesick Blues" put it, "25 years he's been cleaning up the pen... Everybody loves you / Just want to thank ya!"

Dartmouth Trauma Interventions Research Center Conference: June 17th. A planning workshop launched the NH Bridge Project. This is a three-year federally funded program to improve and integrate trauma treatment services for NH children and families exposed to abuse, neglect or domestic violence. The workshop included presentations, open discussion, targeted breakout sessions, meetings with DTIRC staff, NH Division personnel and other key participants.

Dartmouth-Howard Conference

The Howard University Department of Psychiatry and Behavioral Sciences held the annual Howard-Dartmouth Collaborative Summer School and Mood Disorder & Special Populations Conference during the week of June 14 - 18, 2010 on the campus of Howard University in the Howard University Hospital and College of Medicine.

Alzheimer's Conference:

The annual, two-day Jeanne Anderson Alzheimer's Conference was held on October 16 and 17, and featured local and nationally known speakers. The first day was a CME program for healthcare professionals; the second day for families.

Ribbon Cutting Ceremony:

The National Center for PTSD had a Ribbon-Cutting Ceremony for its new building on Tuesday, October 12, 2010 from 10:30 a.m.-12 noon. Speakers included U.S. Congressional Representatives and Matthew Friedman, M.D., Ph.D., Executive Director, National Center for PTSD. Light refreshments were served. Location: Executive Division: National Center for PTSD, White River Junction VA Medical Center, 7 VA Cutoff Road, White River Junction VT 05009.

(See Page 7 for more information about the NCPTSD) ♦

2010 Dept of Psychiatry Holiday Party

Saturday, December 11th,
Bistro Nouveau at Eastman.

Save the date!

Awards, Honors, and Notable Accomplishments

Alexander de Nesnera, M.D., of New Hampshire Hospital was presented the Leonard Tow Award at the Dartmouth Medical School Awards Ceremony on June 11th. The Gold Foundation sponsors the annual Leonard Tow Humanism in Medicine Awards for a graduating student and faculty member at over 85 of the nation's medical schools. This award is presented to the student and faculty member who best demonstrate the Foundation's ideals of outstanding compassion in the delivery of care, in respect for patients, their families, and healthcare colleagues; and in demonstrated clinical excellence.

Richard Ferrell, M.D., of New Hampshire Hospital was elevated to Fellow in the American Neuropsychiatry Association at this year's annual meeting in Tampa. The designation of Fellow is reserved for those members who have made noteworthy contributions to the field and who serve as leaders in the field of neuropsychiatry including active participation in the organization.

Laura Flashman, Ph.D., ABPP of DHMC Neuropsychology has been elected to the Board of ABCN (American Board of Clinical Neuropsychology). She is also serving as the treasurer of the American Academy of Clinical Neuropsychology Foundation (AACNF).

Art Maerlender, Ph.D., of DHMC Neuropsychology is serving as the Chair of the NH State Advisory Council on Sport-Related Concussion, and is the Director of the NH Autism Registry.

Paula Schnurr, Ph.D., of the National Center for PTSD at the White River Junction VAMC

was nominated for an Institute of Medicine (IOM) Research Award. She also received the Laufer Award for Scientific Research from the International Society for Traumatic Stress Studies and became a Fellow of the American Psychological Association.

Michael J. Sateia, M.D., of DHMC Sleep Medicine, was co-editor with Daniel Buysse, Ph.D., of a comprehensive volume, *Insomnia: Diagnosis and Treatment*, published Mar 17, 2010 by Informa Healthcare. Dr. Sateia also collaborated with former DHMC Sleep Medicine Fellow, Wil Pigeon, Ph.D., in authoring the forthcoming, *Sleep Manual: Training Your Mind And Body To Achieve The Perfect Night's Sleep*, which was published June 2010 by Barron's Educational Series. ♦

Promotions



Stephen Bartels, M.D.

Stephen J. Bartels, M.D., Professor of Psychiatry and of Community and Family Medicine (with tenure)

Deb Becker, M.Ed., Research Associate Professor

Gary R. Bond, Ph.D., Professor of Psychiatry

Craig Donnelly, M.D., Professor of Psychia-

try and Pediatrics

David G. Folks, M.D., Professor of Psychiatry

Nancy A. Formella, M.S.N., R.N., Associate Professor of Psychiatry

Meg Gerrard, Ph.D., Professor of Psychiatry

Thomas W. McAllister, M.D., Millennium Professor of Psychiatry (with tenure)



Thomas McAllister, M.D.

Transitions

Transitions Laurie Slone, Ph.D., has become

Associate Director for Information and Communication at the Executive Division of the National Center for PTSD, White River Junction VAMC.

Robert Racusin, M.D., has stepped down from his position as Program Director for the Child Adolescent Training Program, and **Susan Smiga, M.D.**, became the Program Director

eff. 7/1/10. Dr. Smiga brings considerable experience in CAP teaching and administrative experience in addition to her extensive clinical skills. She is a "triple board" graduate with particular interests in the interface between psychiatry and pediatrics, DBT, and suicide prevention for adolescents. Dr. Racusin will continue as Associate Program Director during the transition period.



Ron Green, M.D.

Ronald Green, M.D., stepped down from his position as Director of the Residency Program after 25 years at the helm (see Recent Events, pg. 2; Education and Training Updates, pg.5) eff. 7/1/10.

Retirements

George Luhrmann, M.D., New Hampshire Hospital, Phoenix House, ret. 4/15/10.

Gail Nelson, Ph.D., Research Associate, ret. 6/30/10.

Departing Faculty

Sreenivas Katragadda, M.D., eff. 6/30/10. Dr. Katragadda came to the department as a child psychiatry fellow in 2006 and joined the faculty in 2008. He left to join a private practice in the Manchester offices of The Counseling Center of Nashua.

Lynn Wickberg, M.D., eff. 6/30/10. Dr. Wickberg has been in the Department since 1995 as a psychiatry resident, child psychiatry

fellow, and a Clinical Associate and Instructor. Her future career direction is to focus on outreach and education to promote healthier families.

Open Searches

A listing of positions that the Department is recruiting for can be found at <<http://dms.dartmouth.edu/psych/about/positions/>>.

New Faculty and Professional Staff

Julia Frew, M.D., Instructor, eff. 7/26/10. Dr. Frew is working in inpatient consultation and crisis psychiatry at DHMC and embedded care clinics in Ob/Gyn other medical specialties. She received her medical training in the Brown-Dartmouth Program in Medical Education, graduating from Brown Medical School in 2005. She completed her residency at DHMC in June 2010. Dr. Frew has a special interest in women's mental health and reproductive psychiatry.

Barbara Hermann, Ph.D., Assistant Professor, eff. 4/26/10, joined the NCPTSD as the Associate for Research and Education. Previously, Dr. Hermann was a Clinical Research Psychologist for the Uniformed Services Program at the Brattleboro Retreat. Trained as a scientist-practitioner, she earned her doctorate in Clinical Psychology from the University of Maine and completed a predoctoral internship in Clinical Health Psychology at the University of Florida Health Sciences Center and a postdoctoral residency at the Togus VA Medical Center in Maine. Dr. Hermann's interests include Acceptance and Commitment Therapy, the psychobiology of stress, and mechanisms of change in psychotherapy.

Amanda Houle, Psy.D., Instructor, eff. 10/1/09. Dr. Houle is a Behavioral Health Consultant at Dartmouth-Hitchcock Keene. She attended Antioch New England and completed a Clinical Health Psychology Internship at Wilford Hall USAF Medical Center. She is nested within Hubbard Center for Women's Health and also provides behavioral health support within the Department of Pediatrics. Dr. Houle's interests include Women's Mental Health, Integrated Medicine, early intervention in childhood obesity, and pre/post behavioral support for bariatric patients. She also is on the faculty at Antioch New England's Clinical Psychology program and supervises dissertations of Antioch students within DHK. Her research interests are in screening for postpartum distress/trauma risk and teen pregnancy.

Marianne Marsh, M.D., West Central Behavioral Health (Claremont) staff psychiatrist for the Enhanced Care Program and other duties, eff. 6/1/10. Dr. Marsh completed her M.D. and Residency at the University of Vermont College of Medicine. She previously served as Medical Director of Northeast Kingdom Mental Health Services before joining Monadnock Family Services in Keene where she had been on staff for twelve years. Dr. Marsh is trained in dialectical behavior therapy and has a special interest in trauma.

Jennifer McLaren, M.D., Assistant Professor, Child Psychiatry, eff. 9/1/10. She is

focused on the Autism Spectrum Clinic and joint Psychiatry/Pediatric Neurodevelopmental Clinic. She will also be working at the state level in developmental services, as well as teaching/supervising residents.

Linda Neily, M.S.W., Instructor in Psychiatry, eff. 7/19/10. She graduated from Adelphi University School of Social Work and is a Clinical Associate on the DHPA Crisis and Central Access Teams.

Judith Olson, M.D., Instructor, eff. 7/1/10, based at Dartmouth-Hitchcock Keene. She is a Child and Adolescent Psychiatrist, and her primary responsibilities will be providing consultations within the Department of Pediatrics and through the Geriatrics Consultation service. Dr. Olson attended the University of Massachusetts Medical School and completed her residency in Psychiatry at the University of Massachusetts Medical Center. She did a fellowship in Child and Adolescent Psychiatry at Brown University. Prior to coming to DHK she was the Medical Director of Monadnock Family Services.

Pamela N. Olsson, M.D., Instructor, eff. 6/15/09. She joined Cheshire Medical Center as the Medical Director of the Adult Mental Health Unit. Dr. Olsson attended medical school at the University of Texas at Houston and completed her residency in the Department of Psychiatry Baylor College of Medicine. She will also work as a Consulting Psychiatrist for the Department of Family Medicine at Dartmouth-Hitchcock Keene.

Lauren Rosen, M.S.W., Instructor in Psychiatry, eff. 7/19/10. Depression Care Manager in DHMC General Internal Medicine.

Brian Shiner, M.D., M.P.H., Assistant Professor, eff. 7/1/10, is Associate Investigator in the WRJ VA Research Service and a Staff Psychiatrist at the WRJ VA. He is also Fellowship Director, VA-New England Healthcare Engineering Partnership. He received his M.D. from Penn State University and M.P.H. from Dartmouth Medical School. He completed Preventive Medicine and Psychiatry Residencies at DHMC, and is board-certified in Preventive Medicine and Psychiatry/Neurology. Dr. Shiner received a VA early career development award entitled "Developing tools to understand quality of clinical care for PTSD in the VA". His interests are in health services and operational research.

Johnnie L. Smith Shull, LICSW, M.S.W., Intensive Outpatient Clinician in the Addiction Treatment Program, IOP eff. 1/4/10 Ms. Smith-Shull completed her M.S.W. at the University of Texas at Austin. She previously was Medical Social Work Supervisor at the St. Joseph Hospital in Bellingham, Washing-

ton. She has substantial experience as a mental health clinician working with adults, adolescents and children.

Adam Sorscher, M.D., Assistant Professor (Psychiatry and Community and Family Medicine), working in the DHMC Sleep Center. He received his M.D. from the University of Cincinnati and did a residency at St. Paul Regional Hospital (MN).

Thomas Stearns, Ph.D., Instructor, Dartmouth-Hitchcock Keene eff. 10/1/09. Dr. Stearns is the Director of the Behavioral Medicine Program at DHK. Dr. Stearns is also an adjunct faculty at Antioch New England and supervises doctoral dissertations as part of Pregnancy Wellness Program. He is a Behavioral Consultant within the Department of Family Medicine at DHK. He is a member of the Medical Home Task Force and Care Planning Committee, the Diabetes Coordination Council, and the Diabetes Quality Improvement Team. He has particular interests in chronic pain management, chronic disease self-management, and integration of behavioral health into Primary Care/Medical Home. His research interests are in evaluating behavioral health outcomes in primary care settings.

Susan P. Stevens, Psy.D., Assistant Professor, Hanover Psychiatry, eff. 3/15/10. Dr. Stevens completed her predoctoral internship at the Veterans Affairs Medical Center in White River Junction VT, and a postdoctoral fellowship at Dartmouth Medical School and the National Center for Posttraumatic Stress Disorder (NCPTSD). Dr. Stevens was previously a staff psychologist the VA and served as Associate Editor of the VA/NCPTSD Clinician Trauma Update, and supervised psychology interns, postdoctoral fellows and psychiatric residents. Her clinical specialty is the use of cognitive-behavioral techniques to treat depression, anxiety, PTSD, and relationship distress.

Joanne Wagner, M.S.W., Continuing Care Manager/Therapist at DHMC Family Medicine, eff. 6/21/10. She attended Fordham University, interned at the State of Connecticut Department of Mental Health and Mental Retardation, and is an LICSW and Certified Case Manager. Interests include Problem-Solving Therapy, geriatric mental health, Grief Counseling, care management, and resource utilization program development and management.

Lisa Zubkoff, Ph.D., Assistant Professor, eff. 7/1/10. Dr. Zubkoff is based at the WRJ VA. She received her Ph.D. at The Dartmouth Institute for Health Policy and Clinical Practice and completed a Postdoctoral Fellowship in Health Services Research at the Department of Veterans Affairs. Her research interests are in pain management, chronic illnesses, and implementation research.

Education & Training News

New Residency Training Director



Christine Finn, M.D.

Each July the psychiatry training program welcomes a new class of residents. This August it also underwent a transfer of responsibilities in the leadership of the residency program when **Ronald Green, M.D.**, stepped down from the Residency Training Director position, which he had held for 25 years. At that time Dr. Green transitioned to the Associate Training Director, and **Christine Finn, M.D.**, assumed the Training Director role.

Prior to Dr. Finn's arrival at DHMC, resident education and training had been a component of her previous jobs and something that she considered an essential and highly enjoyable aspect of her career. Says Dr. Finn, "I've been most impressed by the broad variety of clinical experiences and supervision available to the residents as part of their core clinical rotations, as well as the willingness of faculty

to offer elective experiences that maximize the resident training experience. The residents' willingness to go the extra mile for patients, and their dedication to their own education have also been notable. I'm excited at the prospect of taking on this impor-

main in compliance with RRC requirements, and to solicit input from residents and faculty regarding strengths and weaknesses of the program in order to maximize efforts to improve the training experience.

"I'm excited at the prospect of taking on this important position"

tant position and plan to spend the first several months learning all I can about the various facets of the program and trying to meet our clinical and research faculty who dedicate their time to training residents and other trainees."

Her additional goals for the next year are to continue to enhance opportunities for residents to get involved with psychiatric research projects, to refine rotation and call responsibilities to re-

"I am greatly looking forward to the chance to take this position which will allow me to work closely with all of the residents and faculty. Having Dr. Green's continued experience and steady presence will be invaluable as we make this transition, and I am grateful for his willingness to remain at this high level of involvement with the training program." ♦

Training Updates and Announcements

Daniel Bateman, M.D., received the Matthew S. Winer Award for Humanism and Excellence in Community Psychiatry

Graduation Ceremony

The annual Department Graduation Ceremony took place on June 7th at the Hanover Inn.

Daniel Bateman, M.D., received the Matthew S. Winer Award for Humanism and Excellence in Community Psychiatry. **Matthew Duncan, M.D.**, and **Deborah McQuade, M.D.**, received Teacher of the Year awards.

Kelly Aschbrenner, Ph.D., **Lisa Lambert, M.D.**, and **Elizabeth LaRusso, M.D.**, received Gary Tucker Junior Investigator Research Awards, and **Brent Homoleski, M.D.**, received the Clinical Excellence Award.

Child/Adolescent Training Program (CAP)

Susan Smiga, M.D., became the CAP Program Director effective July 1 (see Transitions, page 3). As part of the budget cutbacks in NH Dept of HHS, the Anna Philbrook Center is closing and children's inpatient services are being consolidated on F-Unit with Drs. Barnett, Cauble and McQuade responsible for all patients under 18; the CAP Program will continue to train residents on the unit

Riverview Psychiatric Center Riverview was recently awarded a 4-year recertification from the

Maine Medical Association to sponsor category 1 CME activities. In the past year Riverview directly sponsored 62 hours of category 1 CME activities for its own medical staff as well as community providers.

DHMC Geriatric Psychiatry

A new monthly Geropsychiatry Conference is being held at 1 p.m. on the first Friday of each month in the Weiss Room at DHMC. All are welcome to attend.

Departing Trainees

Psychiatry Residents and Fellows

Linda P. Call, M.D., is now a DHMC Child Adolescent Psychiatry Fellow.

Robert J. Comey, M.D., Sleep Medicine Fellow

Julia Frew, M.D., transitioned to Instructor in DHMC Psychiatry (see New Faculty above).

Anahid Kabasakalian, M.D., Neuropsychiatry Fellow

Andrew Koo, M.D., Child/Adolescent Fellow, transitioned to DHMC affiliate Central Vermont Medical Center (CVMC).

Rusty Kawatsuji, M.D., will be working on the inpatient unit at CVMC.

Jodi Marshall, M.D., continued at DHMC as Geriatric Psychiatry Fellow.

Jennifer McLaren, M.D., Child/Adolescent Fellow, transitioned to Assistant Professor, DHMC Child Psychiatry (see New Faculty, page 4).

Casey Patunoff, M.D., Child/Adolescent Fellow, joined a department affiliate Community Mental Health Center, Northwestern Counseling and Support Services, St. Albans VT.

Steve Powell, M.D., Medicine/Psychiatry, stayed at DHMC for a Leadership in Preventive Medicine Residency.

Joel Peterson, M.D., will be staff psychiatrist at San Diego Naval Medical Center, thence embedded psychiatrist with First Marine Expeditionary Force in Afghanistan.

Rachel L. Schoolcraft, M.D., Addiction Fellow

Aneek Singh Fisher, M.D., Addictions Fellow

Candace Thompson, M.D., left for Tennessee.

Keith R. Warren, M.D., M.P.H., Sleep Medicine Fellow, is heading to Chicago to do Sleep Medicine.

Clinical Psychology Interns

Timothy Michael DiGiacomo, M.A.

Brian M. Denietolis, M.S.

Vidyulata Kamath, M.A., went to the University of Pennsylvania Medical Center to complete a postdoctoral fellowship in clinical neuropsychology and schizophrenia research.

Clinical Psychology Post-doctoral Fellows

William Breen, Ph.D., Behavioral Medicine, joined a private practice on Long Island, N.Y.

Tracy N. Kreiling, Psy.D., Neuropsychology, will be developing a neuropsychology program within the Department on Physical Medicine and Rehabilitation at Geisinger Medical Center in Wilkes-Barre.

Matthew Garlinghouse, Ph.D., Neuropsychology, joined the faculty in the Department of Psychology at the Nebraska Medical Center, in Omaha.

Jessica J. Englert, Ph.D., Neuropsychology completed her postdoctoral fellowship with us this summer while pursuing several job opportunities.

New Department of Psychiatry Trainees June 2010

Interns/ Residents/ Fellows

PGY-I

Wilder T. Doucette, M.D., University of Colorado Denver School of Medicine

Erika B. Ebert, M.D., Albany Medical College

Sonia M. Joy, M.D., Ben-Gurion University of the Negev

Emi Kanamaru, M.D., Albert Einstein College of Medicine, Yeshiva University

Barbara Wilson, M.D., University of Colorado Denver School of Medicine

PGY-II

Jasper J. Chen, M.D., University of Washington School of Medicine

Child and Adolescent Psychiatry Residents

Linda Call, M.D., Dartmouth Medical School

Aneek Singh Fisher, M.D., Hillside Hospital

Jesse Rhoads, D.O., Ohio State University

Addiction Medicine Fellow

Ross DeLeonardo, M.D., Louisiana State University School of Medicine

Geriatric Psychiatry Fellow

Jodi Marshall, M.D., Dartmouth Medical School

Sleep Medicine Fellows

Elaine M. Purcell, M.D., Tufts University

Thye M. Schuyler, M.D., University of Arizona

New Chief Residents at DHMC are **Daniel Bateman, M.D.**, and **Cassie Karlsson, M.D.**

Psychology Postdoctoral Fellows

Gretchen Berrios-Siervo, Ph.D.

(anticipated Sept 2010), DHMC, Pediatric Neuropsychology, eff. 9/1/10. Ph.D., Carolos Albizu University. Internship, Miami Children's Hospital.

Brian Denietolis, M.S., West Central Behavioral Health, eff. 7/1/10. Internship, West Central Behavioral Health.

Timothy DiGiacomo, M.A., West Central Behavioral Health, eff. 7/1/10. Internship, West Central Behavioral Health

Rayna Ericson, Ph.D., DHMC Neuropsychology, eff. 9/1/10. Ph.D., State University of New York at Albany. Internship, VA Ann Arbor/University of Michigan

Reid Kehoe, Psy.D., DHMC Neuropsychology, eff. 9/1/10. Psy.D., Argosy University. Internship, West Virginia University School of Medicine

Amanda Platter, Psy.D., DHMC Behavioral Medicine, eff. 10/11/10. Ph.D., Virginia Consortium Program in Clinical Psychology. Internship, WRJ VA and Dartmouth Counseling Center.

Sueyoung Song, Ph.D., DHMC Mood Disorders Service, (2nd year). Ph.D., University of Minnesota. Internship, Ulster County Mental Health Department, Kingston NY.

Riverview instituted a new postdoctoral psychology training program July 1, 2010. The first Postdoctoral Fellows are:

Jodi Boos-Blaszzyk, Psy.D., Forensic Psychology, eff. 7/1/10. Antioch University.

Internship, Riverview Psychiatric Center.
Karen Cote, Psy.D., Clinical Psychology, eff. 7/1/10. Immaculata University, Internship, Riverview Psychiatric Center.

Predoctoral Psychology Interns

Khadeja Mousa, M.A., Riverview Psychiatric Center. Wright Institute.

Cara Orton, M.A., Riverview Psychiatric Center. Forest Institute.

Daniel Seichepine, M.A., Neuropsychology Track, New Hampshire Hospital/DHMC. Boston University.

Christina Tortolani, M.A., Adult Outpatient Track, West Central Behavioral Health. Northeastern University.

Kristin Wieneke, M.A., Child and Family Track, West Central Behavioral Health. Boston College.

Doctoral Students

Doris Hauert, Ph.D., Women's Health, Dartmouth-Hitchcock Keene, Women's Health. Retraining in clinical psychology.

Jacob Austin, Family Medicine, Dartmouth-Hitchcock Keene. Antioch New England Graduate School.

Chelsi Day, Geriatrics, Dartmouth-Hitchcock Keene. Antioch New England Graduate School.

Research News

New Grants and Research Projects

Jessica Hamblen, Ph.D., of the National Center for PTSD received an award from the VA CSR&D for *CBT for PTSD in Veterans with Co-Occurring Substance Use Disorder*.

Mark Hegel, Ph.D., of DHMC received a 2-year award from the NIH for *Participation Restrictions in Young-Middle Adult Breast Cancer Survivors* eff. 05/01/10 The major goal of this project is to develop a telephone-delivered behavioral activation/problem-solving treatment for young/middle adult breast cancer survivors with persistent participation restrictions.

Dr. Hegel also received a 3-year award from Johnson & Johnson, Inc. for *Development and Evaluation of Enhanced Health-Media® OVERCOMING™*

Depression to Support Collaborative Depression Treatment in Primary Care, eff. 5/01/10. The major goal of this project is to test an enhanced version of a collaborative depression management intervention in primary care through the addition of an internet-based depression coaching product.

Brooke Judd, M.D., of DHMC Sleep Medicine is collaborating with the Thayer School of Engineering on a project titled *The Use of Continuous Pulse Oximetry Monitoring to Identify Obstructive Sleep Apnea in an Inpatient Population*

Fran Norris, Ph.D., of the National Center for PTSD received a NIH/NIMH award for *Prolonged Grief and Functioning of Parents after the Hermosillo Day Care Fire*.

Wanda Rieman, Ph.D., a DHMC pediatric neuropsychology postdoctoral fellow, re-

ceived a Hitchcock Foundation grant to study *The Effects of Exertion on Recovery from Mild Traumatic Brain Injury*.

Robert M. Roth, Ph.D., and Peter Isquith, Ph.D., (with Gerry Gioia, Ph.D., from the Children's National Medical Center in Washington, DC) published a novel computerized neuropsychological test of executive functions designed for children, the Tasks of Executive Control (TEC).

Thomas Stearns Ph.D., of Dartmouth-Hitchcock Keene is the Program Manager for a study evaluating outcomes associated with provision of integrated behavioral health care in primary care. The project is currently funded by the NH Endowment for Health (Principal Investigator - Antioch New England) and AHRQ proposal is pending to extend the project 4 years.

Jessica Hamblen, Ph.D., of the National Center for PTSD received an award from the VA CSR&D for *CBT for PTSD in Veterans with Co-Occurring Substance Use Disorder*.

Research Spotlight

The National Center for PTSD

The VA National Center for Posttraumatic Stress Disorder (PTSD) is the center of excellence for research and education on the prevention, understanding, and treatment of PTSD. Our Center has seven divisions across the country, with the Executive Division here in White River Junction VT. In 2009 the Center celebrated its 20th anniversary. The Executive Director of the Center is **Dr. Matthew Friedman**, Deputy Executive Director is **Dr. Paula Schnurr**, and the Deputy for Education is **Dr. Jessica Hamblen**. Other Dartmouth Psychiatry faculty members who work for the Center include: **Drs. Fran Norris, Laurie Slone, Nancy Bernardy, and Barbara Hermann**.

Although the NCPTSD provides no direct clinical care, its purpose is to improve the well-being and understanding of American Veterans and others who experience trauma. Its mission is to conduct cutting edge research and apply the findings to "Advance the Science and Promote Understanding of Traumatic Stress" to both professionals and the general public. A wealth of educational materials for both of these audiences is available on their website: <www.ptsd.va.gov>.

The National Center for PTSD is moving into social media to help reach the audiences who are using Facebook and Twitter! They are now on Twitter <http://twitter.com/VA_PTSD_Info> and invite you to follow them.

The NCPTSD was honored to have the Secretary of VA, the honorable Eric K. Shinseki, visit in April 2010. He reiterated the concepts that the Center espouses — Almost all service members who return from time in a war zone experience posttraumatic stress. Only some will go on to develop PTSD. The job of the Center is to help prevent and treat the "D".

The Executive Division is moving into a new, larger building at the VAMC this spring (see page 2). At the same time here in VT, the National Guard is experiencing one of the largest deployments it has had in history, affecting the entire community. Because of many deployments like those due to the current wars, mental health is impacted. Over the past 20 years, the Center has grown, as has our understanding of PTSD. Staff continue to create and refine effective treatments for those who suffer from PTSD, and to foster individual, family and community resilience to this disorder. ♦

"Its mission is to conduct cutting edge research and apply the finding to 'Advance the Science and Promote Understanding of Traumatic Stress'"

Research News (continued)

Hazelden-Dartmouth PRC Partnership

Hazelden, a nonprofit organization, and the Dartmouth Psychiatric Research Center (PRC) — both leaders in the research and development of evidence-based practices — have joined into a partnership to develop a variety of resources for the mental health and addiction treatment industries. These resources, including curricula, books, multimedia tools, and staff-development trainings, will be published under a new "Dartmouth PRC-Hazelden" imprint.

This collaboration between Hazelden and the Dartmouth PRC was born from the success of a project between Hazelden and Dartmouth Medical School — the 2008 publication of the *Co-occurring Disorders Program*, the first comprehensive, evidence-based program for the treatment of non-severe co-occurring disorders

The new joint venture between Hazelden and the Dartmouth PRC launched in the fall of 2009 with release of *A Guide for*

Living with PTSD: Perspectives for Professionals and Their Clients, a video on the treatment of post-traumatic stress disorder.

This year the following books were published:

Cognitive Behavioral Treatment for PTSD: A Program for Addictions Professionals. **Mark McGovern, Kim Mueser, Jessica Hamblen, & Kay Jankowski**

Guided Decision-Making among Clients: A Brief Intervention for Mental Health and Addiction Professionals. **Tracy Stecker**

Further books will be published this fall. Future products will compose a continuum of evidence-based resources for working with those who have a mental health disorder or co-occurring addiction and mental health disorders. These products and trainings will be designed to serve a broad range of professionals, including counselors, social workers, nurses and psychiatrists who

work in mental health agencies, the military, treatment centers, corrections departments, state governments, and industry associations.

"The partnership between Hazelden and Dartmouth Psychiatric Research Center is a milestone for the mental health and addiction communities," says **Robert E. Drake, M.D., Ph.D.**, Director of the Dartmouth PRC. "With

"The partnership between Hazelden and Dartmouth Psychiatric Research Center is a milestone for the mental health and addiction communities."

our combined expertise, we are able to bring professionals in a wide variety of settings relevant, research-based resources for treating clients with mental health and addiction disorders. Together, we are committed to providing comprehensive programs and evidence-based tools for helping people identify their disorders, get the help they need, and sustain healthy, fulfilling lives." ♦

CLINICAL PROGRAM HIGHLIGHT

Hanover Psychiatry

From Dom Candido, Ph.D.

As Hanover Psychiatry approaches the two-year-old mark, I appreciate the chance to share a few thoughts with you about its conception and growth.

Hanover Psychiatry was established to expand the offerings of the Department of Psychiatry, Dartmouth Medical School, in an innovative, self-pay, community setting to broaden access to psychiatric and psychological services and to offer self-contained privacy. We aimed to provide patients with an environment of enriched control and maximized incentives not only for the amelioration of distress and dysfunction but also for the enhancement of life and life's roles.

Happily, the experiment has worked. To date, we have had nearly 4000 contact visits and have served many sectors of the medical center, the college and the community. Our reach, while primarily local, has been wide. Our relationships with referrers have strengthened as we have sought to enhance the practices, purposes and goals of those who place

trust in us.

The team at HP has rapidly expanded. We count among our number: **Ron Green, Bob Roth, Beth LaRusso, Matt Duncan, Susie Stevens, Doug Noordys** and me, **Dom Candido**, all ably assisted and coordinated by Karriebeth Broughton. We have plans to bring on yet another full-time practitioner by January 2011, as we continue to build out our services.

The services we offer are coalescing around a few specializations: Anxiety and Mood Disorders, Trauma, Relationship Distress, Women's Mental Health (particularly perinatal and young adult psychiatry), Attention Deficit Disorder assessment and treatment (adult and young adult) and Psychotic Disorders. With the new practitioner, we hope to build a Child Service as well with full complement of assessment and treatment, psychiatrically and psychologically, and with a concentration in Autism Spectrum

Disorders. We also have a budding Behavioral Medicine Service with foci in Bariatric assessment and Cardiac Psychiatry and Psychology.

The collaborative and synergistic modalities we utilize to achieve optimal results for our patients include cognitive therapy, cognitive-behavioral

"The Team at Hanover Psychiatry has rapidly expanded."

therapy, psychodynamic therapy, pharmacotherapy and neuropsychology.

In closing, please consider this an open invitation to stop in and say "Hello." As we prepare to move, due to space needs, to a new location as yet undetermined, I would like extend thanks and appreciation to all those who have helped us to grow and to the team at Hanover Psychiatry for giving the best of themselves for the best of their patients. ♦

Clinical Program News

This summer the DHMC-ATP added an additional IOP Monday, Wednesday and Thursday mornings

The Department of Psychiatry has undertaken a coordinated effort to place mental health clinicians strategically within primary care practices to enhance care of patients in the Dartmouth-Hitchcock system.

Dartmouth-Hitchcock Keene/Cheshire Medical Center. In the Fall of 2009, the Department of Psychiatry and DHK/CMC began working together to expand their mental health services. In addition to staffing the inpatient unit at Cheshire Medical Center, they began staffing outpatient mental health services embedded within the primary care practices. **Drs. Pam Olsson, Tom Stearns, and Amanda Houle** have had key roles in these clinics. This summer **Dr. Judy Olson**, a child psychiatrist, joined them.

Dartmouth-Hitchcock Manchester. In February, 2009, **Dr. Susan Smiga** began providing child psychiatry services at DHM. She currently provides services one day per week, but expansion of this service has been requested and work is underway with DH Manchester to further define their clinical need and recruit staff accordingly.

West Central Behavioral Health. **Diane Roston, M.D.**, has served as Medical Director for West Central Behavioral Health since 2007, overseeing the work of WCBH's outstanding group of staff physicians within the Counseling and Recovery Programs at WCBH's offices at the Rivermill Commercial Center in Lebanon. Dr. Roston reported, "As Medical Director, I am focused on maintaining excellence in the quality of care that our clients receive, by providing state of the art care with a lot of compassion, while coordinating with Primary Care Providers."

DHMC Addictions Treatment Program. This summer the DHMC-ATP added an additional IOP Monday, Wednesday and Thursday mornings from 9:00 a.m.-12 noon. Referrals are currently being accepted for the morning IOP (call 603-650-7075 to refer). (Look for a feature about the program in our next Newsletter!)

DHMC Neuropsychology continues to work closely with Sports Medicine and other interested parties to develop a Concussion Clinic. **Art Maerlender, Ph.D.**, will be the primary point of contact within the Neuropsychology Service.

DHMC Psychopharmacology. Demand for psychopharmacology services at DHMC has continued to exceed capacity. Psychiatric knowledge and skill is a scarce valuable resource. The Department has been seeking to increase access to quality services by embedding more psychiatry time in general health clinics (General Internal Medicine, Family Medicine, Ob/Gyn, Cancer Center) and growing Hanover Psychiatry, and also is seeking to in-

crease the efficiency of the psychopharmacology clinics. This coming year senior resident **Rob Cotes, M.D.**, and Medical Director, **Will Torrey, M.D.**, will be leading a quality improvement effort to enhance the care offered in the residents' Psychopharmacology Clinics.

DHMC Adult Outpatient Therapy began offering an *Emotion Management Skills Group* led by **Margit Berman, Ph.D.**, and **Sueyoung Song, Ph.D.** This 40-week open enrollment group for patients currently enrolled in individual psychotherapy with a DHMC therapist began in December 2009. EMSG is aimed at patients who need more intensive psychotherapy experience and skills training. The group provides training in Dialectical Behavior Therapy (DBT) skills within the 4 DBT modules: mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. To be eligible, patients must not be acutely suicidal or have recently engaged in serious self-harm behaviors. Patients can enroll any time space is available and can complete all 4 skills modules or only targeted modules based on their needs. Contact group leaders with questions, or refer a patient by sending them a CIS task item.

DHMC Adult Outpatient Services. Contacts were initiated in 2009 with **Lucie Bourdon, L.M.F.T.**, to work in the Craniofacial Surgery Clinic, and **Karen Gillock, Ph.D.**, to work in the Survivorship Clinic of Norris Cotton Cancer Center.

Integrated Mental Health and Primary Care Services

Members of the Psychiatry Department have been engaged in efforts to develop closer mental health partnerships with primary care providers. Integrating mental health care into medical clinics serves the larger Dartmouth-Hitchcock population health initiative, which aims to establish the Dartmouth-Hitchcock system as a center of excellence for patient- and family-centered care in the medical setting.

Starting last summer, the Department of Psychiatry has undertaken a coordinated effort to place mental health clinicians strategically within primary care practices to enhance care of patients in the Dartmouth-Hitchcock system. A model of care that focuses on the care of depressed patients in the primary care setting is being piloted at the Family Practice

clinic at Buck Road and in the General Internal Medicine practice on the Lebanon campus. Under this model, depression is treated similarly to other chronic diseases, with the use of care managers and specialist (in this case, psychiatric) supervision to enhance the care provided by the primary care clinicians. Overall the goal will be to expand the enhanced depression treatment to the larger D-H primary care network by building on available resources and adding mental health support as needed. Over time, expansion to subspecialty clinics may also be possible.

In both the Family Practice and GIM-Lebanon clinics, psychiatrists (**Matt Duncan, M.D.**, and **Christine Finn, M.D.**, respectively) also see patients for direct clinical consultations for depression or other clinical issues, serve as a resource for informal questions from primary care clinicians, and oversee educational efforts on mental health topics for faculty and trainees in primary care. Starting this fall, the hope is to add embedded master's level therapists who will offer Problem-Solving Treatment (PST) for depressed patients, drawing on the expertise of faculty members **Mark Hegel, Ph.D.**, and **Janette Seville, Ph.D.**, who are trainers in this treatment modality. PST is a short-term evidenced-based behavioral therapy that can be delivered efficiently in the primary care setting.

Efforts are also underway at the Cheshire Medical Center primary care practice, where a part-time psychiatrist, **Pamela Olsson, M.D.**, and two health psychologists, **Tom Stearns, Ph.D.**, and **Amanda Houle, Ph.D.**, provide invaluable support to their primary care and Ob/Gyn colleagues. In addition, embedded psychiatrists also were added last year to the DHMC outpatient Ob/Gyn clinic, where **Beth Larusso, M.D.**, and **Julie Frew, M.D.**, see patients for psychiatric consultation and short term stabilization.

In addition, education efforts around areas of overlap between psychiatry and other medical settings are ongoing. A one-month-long elective in psychiatry has been developed for primary care internal medicine residents, which features the clinical assessment of patients who have psychiatric needs within the internal medicine clinic. Senior residents in psychiatry have the option of an elective experience in consultation psychiatry embedded within a primary care practice.

(continued on page 10)

Clinical Program News (continued)

Sleep Medicine

Adam Sorscher, M.D., and **Michael Sateia, M.D.**, are spearheading an initiative within the “Live Well, Work Well” program to 1) develop and validate an algorithm for identifying chronic insomnia in a large scale population health survey, 2) develop efficient and effective large scale interventions for insomnia, 3) measure the impact of the intervention on multiple areas of health and function, and 4) promote children’s healthy living through sleep education.

Glen Greenough, M.D., and **Anna Adachi-Mejia, M.D.**, have launched a pilot program in elementary afterschool programs to 1) evaluate sleep habits through questionnaires and actigraphy and 2) provide education around the need for adequate sleep times then measure improvement.

The Jeanne Estee Mackay Anderson Alzheimer's Disease Support and Education Fund was created with a generous gift from the widow of a former patient. Among the activities it will support are:

- The continued publication and distribution of the Dartmouth Memory Clinic Handbook to families and professionals throughout the region.
- An annual two-day Alzheimer's Conference, the Jeanne Anderson Alzheimer's Conference (see Recent Events, page 2). The first day will be for healthcare professionals, the second day for families.
- The creation of the Dartmouth TALES (The Alzheimer's Learning Experience for Students) Program. Dartmouth Medical Students, M.D./Ph.D. students, undergraduate prehealth students, and TDI students will be paired with individuals with Alzheimer's disease who reside in the community. The students will visit with the patients, and meet monthly as a group with the project director to discuss their visits. The primary goal of this project is to help students understand the experience of Alzheimer's disease from a personal perspective.
- An elective on Alzheimer's disease for medical students and DC seniors.

Policy & Public Health

Bureau of Behavioral Health

BBH continues to promote provision of evidence based practices (EBPs) supported employment and Illness Management and Recovery by providing training, technical assistance, and fidelity of practice reviews to community mental health centers (CMHCs).

BBH is responding to the epidemic of obesity, smoking, and early mortality among persons with severe mental illness by supporting the rollout of InShape, a

health mentor program to engage persons with severe mental illness into healthy exercise, healthy diet practices, and smoking cessation. In conjunction, BBH is systematically educating prescribers to improve antipsychotic prescribing practices within CMHCs.

BBH is working towards conduct of video-conference for IEA hearings at New Hampshire Hospital. Piloting with one CMHC is underway. The ultimate goal is for all IEA hearings to be conducted by

videoconference, which will reduce travel time and burden among CMHC staff.

BBH has instituted a housing bridge program that funds a rental voucher and supportive housing services for individuals who are returning to the community after being in New Hampshire Hospital. Fifteen participants are benefiting from this so far, and BBH is on track to have 26 participants enrolled by the end of the enrollment period. Participants live in communities across the state, as planned. ♦