



# PENN PSYCHIATRY PERSPECTIVE



Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

## Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in Penn Psychiatry Perspective, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to [psychweb@mail.med.upenn.edu](mailto:psychweb@mail.med.upenn.edu).

*Dwight L. Evans, MD  
Ruth Meltzer Professor and Chair*

## In this Issue

### News and Announcements....1

In the News.....	1
Awards and Honors.....	2
Upcoming Events.....	4
Announcements.....	4

## News and Announcements

### In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.

#### Aging in America Isn't Easy



**Steven E. Arnold, MD** discussed the limitations and challenges that come with growing older in a March 30, 2014 article in the Doylestown (PA) *Intelligencer*. Some people lack a sense of purpose after retiring, according to Dr. Arnold. "Social activities are critical to healthy aging. We talk about the importance of mental stimulation, of exposing yourself to new things and new ideas. There is nothing more stimulating to the brain or the body than social interaction." Unfortunately, some people tend to withdraw as they age. "It sets up a vicious cycle," said Dr. Arnold, who is particularly worried about suburban residents who live alone. "If the weather is not good or you don't like to drive in the dark, people can get isolated." Dr.

Arnold continued, "It's hard because you might love the place where you live, but on the other hand, it isn't the friendliest in terms of the needs of older adults. We see people who move to more active older communities thriving." Dr. Arnold is Professor of Psychiatry and Neurology and Director of the Geriatric Psychiatry Section, Cellular and Molecular Neuro-pathology Program, and Penn Memory Center in the Department of Psychiatry. He also serves as Associate Director of Penn's Institute on Aging.

View the March 30, 2014 Doylestown *Intelligencer* article at - [http://www.theintell.com/tabs/aging-boom/aging-in-america-isn-t-easy/article\\_2ec3b053-8860-5d15-b69f-6d1105274564.html](http://www.theintell.com/tabs/aging-boom/aging-in-america-isn-t-easy/article_2ec3b053-8860-5d15-b69f-6d1105274564.html)

# News and Announcements

## Life-saving Heroin Antidote Makes its Way to More Families



**Charles P. O'Brien, MD, PhD** commented in an April 9, 2014 Today.com segment about the use of Narcan (naloxone hydrochloride), an emergency antidote for heroin. More and more first responders and worried parents are keeping the antidote close by. Narcan has saved more than 10,000 lives already, according to the Centers for Disease Control and Prevention (CDC). Dr. O'Brien explained that Narcan

works by locking on to the very same receptors that spark a sense of euphoria in people taking heroin and certain other drugs, including alcohol. With the receptor occupied, there is no high, he noted. "It's used all over the world," Dr. O'Brien said.

"It's one of the best, if not the best, antidotes. I've been using it since 1973." The antidote is also very safe, and can be used by individuals who are not medical professionals, such as by families with children at risk. "If you give it to someone who is unconscious because of bleeding in the brain, it won't help," said Dr. O'Brien, "but it also won't hurt them. But if you give it to the right person, it can save lives. It's a really wonderful medicine." Dr. O'Brien is the Kenneth E. Appel Professor of Psychiatry and Founding Director of the Center for Studies of Addiction in the Department of Psychiatry.

View the April 9, 2014 Today.com segment at - <http://www.today.com/health/life-saving-heroin-antidote-makes-its-way-more-families-2D79488146>

## Should You Hit the Snooze Button?



**David F. Dinges, PhD** was interviewed in a March 24, 2014 *Wall Street Journal* article about the value of getting an extra 10 minutes of rest after the alarm clock goes off. But do those extra few minutes help? Snoozing does have some limited benefits, he acknowledged, but it doesn't help in the long term. "You'd be better off getting that extra 10 to 20 minutes of real sleep rather than doing that dance with the alarm clock," Dr. Dinges said. The time spent snoozing doesn't necessarily count as quality sleep. Parade.com and *Business Insider* also covered the topic. Dr. Dinges is Professor of Psychology in Psychiatry and Director of the Division of Sleep and Chronobiology in the Department of Psychiatry.

View the March 24, 2014 *Wall Street Journal* article at [subscription required] - <http://online.wsj.com/news/articles/SB10001424052702304185104579439092091372948>

## Awards and Honors

### Department Faculty are Recognized for Outstanding Teaching

In recent months, Department of Psychiatry faculty were recognized for their teaching excellence by the University of Pennsylvania, the Penn Perelman School of Medicine, and by prestigious national professional organizations.



### Dr. Richard Summers Receives Several Major Teaching Honors

**Richard F. Summers, MD** received the 2014 Provost's Award for Teaching Excellence by Non-Standing Faculty from the University of Pennsylvania, "given in recognition of distinguished teaching." He was also elected to a six-year term on the Psychiatry Residency Review Committee of the Accreditation Council on Graduate Medical Education (ACGME), beginning in April 2014. The ACGME is responsible for setting the requirements for psychiatry residency training and accrediting general and specialty training programs. In addition, Dr. Summers received the Edith Sabshin Award for Excellence in Psychoanalytic Teaching from the American Psychoanalytic Association (APsaA) in New York in January 2014. The Sabshin Award recognizes

Continued on page 3



# News and Announcements

Continued from page 2

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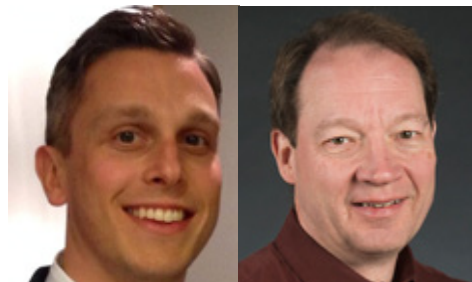
members of the APsA who have made outstanding contributions in educating students who are not candidates at psychoanalytic institutions.

Dr. Summers has written on psychodynamic therapy training, therapeutic alliance, psychodynamic formulation, positive psychology, and psychiatry residency training. His book, *Psychodynamic Therapy: A Guide to Evidence Based Practice*, co-authored with Jacques Barber, PhD, is currently used in over thirty training programs. Dr. Summers is Clinical Professor of Psychiatry and Co-Director of Residency Training in the Department of Psychiatry.



## Dr. E. Cabrina Campbell Receives Dripps Award

**E. Cabrina Campbell, MD**, Associate Professor of Psychiatry, received the 2014 Robert Dunning Dripps Memorial Award for Excellence in Graduate Medical Education from the Penn Perelman School of Medicine. This honor recognizes "excellence as an educator of residents and fellows in clinical care, research, teaching, or administration." Dr. Campbell is an inaugural member of Penn Medicine's Academy of Master Clinicians and Associate Director of Inpatient Psychiatry at the Philadelphia VA Medical Center. As expressed in the April 29 issue of the Penn *Almanac*, "she is known for her compassion and dedication to patients, students, residents and other trainees."



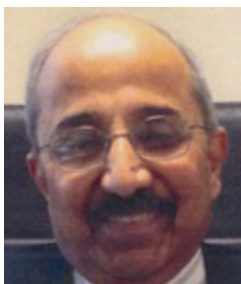
## Drs. Scott Campbell and Paul Kettl Receive Dean's Award for Clinical Teaching

**Scott A. Campbell, MD** and **Paul Kettl, MD** received the 2014 Dean's Award for Excellence in Clinical Teaching at an Affiliated Hospital from the Penn Perelman School of Medicine, along with two other recipients. This award recognizes "clinical teaching excellence and commitment to medical education by outstanding faculty members from affiliated hospitals." Dr. Campbell is Assistant Professor of Clinical Psychiatry and Director of Inpatient Psychiatric Services on 6 Spruce and Director of the Consultation-Liaison Service at Pennsylvania Hospital. He is actively involved in mentoring and training medical students and Penn Psychiatry residents, in addition to participating in ongoing Brain & Behavior and Doctoring courses for pre-clinical

medical students. Dr. Kettl is Clinical Professor of Psychiatry and Education Director of the Behavioral Health Service at the Philadelphia VA Medical Center (PVAMC). He coordinates the outpatient clinic of the PVAMC, where all Penn medical students rotate. He also serves as a lecturer for the Psychiatry residency program, and conducts repeated clinical skills exams for the residents.

## Dr. Vasant Dhopeshe Receives Scott Mackler Award

**Vasant Dhopeshe, MD** received the 2014 Scott Mackler Award for Excellence in Substance Abuse Teaching from the Penn Perelman School of Medicine. This award was established in 2000 by the Center for Studies of Addiction and the Department of Psychiatry. Dr. Mackler was known for his excellence in teaching medical students, residents, postdoctoral fellows, nurses, and other Penn faculty in many different departments in the area of substance abuse. Dr. Dhopeshe is Clinical Associate Professor of Psychiatry and is a member of the Center for Studies of Addiction in the Department of Psychiatry. He has taught in the substance abuse course for medical students and residents for over three decades, focusing on the medical effects of drug abuse and the importance of careful physical and neurological patient examinations.



# News and Announcements

## Upcoming Events

### Department of Psychiatry Grand Rounds

Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates in the locations indicated. The next lecture is listed below. For more information about Grand Rounds and the 2013-14 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

#### May 29, 2014

Stinnett Honorary Lecture and Reception – “Aging and Memory Module Case Conference”

Speaker: Frances E. Jensen, MD, FACP, Professor and Chair, Department of Neurology, University of Pennsylvania Perelman School of Medicine

Location: BRB II/III Auditorium



### PBHMind Symposia Series

The University of Pennsylvania Department of Psychiatry and Penn Behavioral Health invite practitioners in the mental health and wellness arena to earn continuing education credits and Certificates of Advanced Training through PBHMind. Courses are designed to provide varying levels of knowledge for psychologists, social workers, therapists, and other practitioners in 11 different topic areas. Visit our website at [www.pbhmind.com](http://www.pbhmind.com) to learn more about our programs and to view our full course catalog.

#### June 4, 2014

### Ethics and Mental Health Workshop

“Ethics & Decision-Making in the Treatment of Borderline Personality Disorder”

Speakers: Marna S. Barrett, PhD

For additional information or to register, please visit: <http://www.pbhmind.com/ethics-seminar1-14>

#### June 4, 2014

### Psychopharmacology for the Non-Prescriber Seminar

“Psychopharmacology for the Non-Prescriber: Treatment of Disorders Commonly Encountered in Therapy Practice”

Speakers: Mahendra T. Bhati, MD, Sarah Mathews, MD, Anthony L. Rostain, MD, MA

For additional information or to register, please visit: <http://www.pbhmind.com/non-prescriber-symposium-14>

## Announcements

### Adult Autism Spectrum Program (AAS)

The Adult Autism Spectrum Program offers consultations on diagnosis, treatment, supports, and skill development for adults and late adolescents (age 16 and up) across the entire autism spectrum. To learn more about the AAS and their services, please visit <http://www.med.upenn.edu/aas/> or call 215-746-4100.

### Penn Center for Mental Health Policy and Services Research Guest Speaker Series

Dr. Benjamin Druss, Professor and Rosalynn Carter Chair in Mental Health at the Emory University Department of Health Policy and Management, will present “Improving Health and Healthcare for People with Serious Mental Illnesses: From Research to Practice and Back Again”. The presentation will be held on Monday, May 19th and is co-sponsored by the Penn Leonard Davis Institute of Health Economics. For detailed information, please visit <http://www.med.upenn.edu/cmhpsr/calendar.html>. If you plan to attend, please RSVP to Kathleen Shea at [kathshea@upenn.edu](mailto:kathshea@upenn.edu).