



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.

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

Departmental Goings On

Penn Psychiatry is Part of a New FAA Center of Excellence For Alternative Jet Fuels and Environment



Mathias Basner, MD, PhD, MSc, Assistant Professor of Sleep and Chronobiology in Psychiatry, heads Penn Psychiatry's participation in a new \$40 million Federal Aviation Administration (FAA) Air Transportation Center of Excellence (COE) for alternate jet fuels and the environment. Led by Washington State University and the Massachusetts Institute of Technology, the new Center will explore ways to meet the environmental and energy goals that are part of the Next Generation Air Transportation System (NextGen). Fourteen universities comprise the new Center's core team, including Penn. The COE will conduct research to advance NextGen's environmental goals for noise, air quality, climate change, and

energy. Areas of study will include new aircraft technologies and sustainable alternative aviation jet fuels.

The Penn team will focus on understanding the impact of aircraft noise on sleep and on developing models that predict sleep disruption for different aircraft noise levels and profiles. "We know that chronic sleep disturbance is associated with multiple health issues including high blood pressure, diabetes, and depression," said Dr. Basner. "What is not fully understood is how much aircraft noise impacts sleep in communities around airports, and how sleep disturbances due to aircraft noise compare with those due to other things (other noise sources, weight, age, stress, etc.). Through our work with the COE, we aim to build on existing models and develop a better understanding of how aircraft noise characteristics affect sleep."

Support from the new FAA Center will enable Dr. Basner to continue his work investigating the effects of aircraft noise on sleep. This research is being conducted under the auspices of PARTNER, the Partnership for Air Transportation Noise and Emissions Reduction, a leading aviation cooperative research organization. PARTNER is sponsored by the FAA, NASA, Transport Canada, the U.S. Department of Defense, and the U.S. Environmental Protection Agency (<http://partner.mit.edu>). Dr. Basner has received funding from PARTNER since 2010, and anticipates additional support from the new FAA Center. Other departments and schools at Penn could also potentially obtain funding through the new FAA Center if their work falls within its area of focus - the environmental effects of aviation and alternative jet fuels.

For more information about the COE, visit the COE website at - <http://www.faa.gov/go/coe>.

View the Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2013/09/basner/

In this Issue

Departmental Goings-On.....1

FAA Center of Excellence.....1

Tobacco Center of Regulatory Science...2

News and Announcements...2

Awards and Honors.....2

In the News.....3

Upcoming Events.....4

Announcements.....5

Departmental Goings On

Penn Researchers Receive \$20 Million in Federal Funding to Establish the Tobacco Center of Regulatory Science



Penn Psychiatry's **Caryn Lerman, PhD** and Robert Hornik, PhD, Wilbur Schramm Professor of Communication and Health Policy in the Annenberg School for Communication, will lead the newly created University of Pennsylvania Tobacco Center of Regulatory Science (Penn TCORS). The new Center is supported by a five-year \$20 million federal grant from the U.S. Food and Drug Administration (FDA) and the National Institutes of Health (NIH). Penn TCORS will be a first-of-its-kind regulatory science research enterprise, designed to conduct studies to inform the regulation of tobacco products to protect public health.

"Despite massive efforts to eradicate tobacco addiction -- and some significant successes -- tobacco dependence continues to be a major public health problem," said Dr. Lerman, Mary W. Calkins Professor in the Department of Psychiatry and Annenberg School for Communication and Deputy Director of Penn's Abramson Cancer Center. "By marshalling the tremendous resources we have at

Penn Medicine and Annenberg, we're aiming to uncover new ways of countering the insidious effects of advertising and misinformation that induce people, especially the young, to adopt this lethal habit," Dr. Lerman added in a Penn Medicine news release.

The Penn TCORS includes faculty from the Annenberg School for Communication, the Perelman School of Medicine, and the Wharton School. It is among 14 centers from across the nation, which will receive a total of up to \$53 million for tobacco-related research in fiscal year 2013. The Penn TCORS will focus on tobacco-related messaging in the 21st century communication environment, with projects that address multiple levels of effect, extending from neuroscience to health policy.

Dr. Lerman was also interviewed in a September 23, 2013 WHYY Radio Newsworks (Philadelphia) story about the new Center. She said that researchers at the Penn TCORS will investigate how consumers learn about new tobacco products, such as e-cigarettes and low-nicotine cigarettes. "This is all happening in a very complex messy, media environment with social media," said Dr. Lerman. "So managing the message for the public becomes more and more challenging."

In addition to Dr. Lerman, other Penn Psychiatry faculty are involved in the Penn TCORS. **Andrew Strasser, PhD**, Research Associate Professor of Behavioral Health in Psychiatry, leads a project studying the effects of cigarette packaging and message design on behavior and risk. **Janet Audrain-McGovern, PhD**, Associate Professor of Psychology in Psychiatry, co-leads the Center's Training and Education Core.

View the Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2013/09/tcors/

View the September 23, 2013 WHYY Newsworks article at - <http://www.newsworks.org/index.php/health-science/item/60144-penn-to-serve-as-smoking-research-center?Itemid=3>

News and Announcements

Awards and Honors

Regional, National, and International Honors



Elizabeth Ann Hembree, PhD, Associate Professor of Psychology in Psychiatry and Clinical Director of the Center for Couples and Adult Families in the Department of Psychiatry, will receive the 2013 Sarah Haley Memorial Award for Clinical Excellence from the International Society for Traumatic Stress Studies (ISTSS) at its Annual Meeting in Philadelphia in November. Dr. Hembree was honored for her "tireless efforts to advance the proper treatment of trauma survivors," according to a communication from the ISTSS Awards Committee. The Sarah Haley Memorial award is given to a clinician or group of clinicians in direct service to traumatized individuals.

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>.



What Do We Need to Know About E-Cigarettes?

Andrew A. Strasser, PhD, Research Associate Professor of Behavioral Health in Psychiatry and Director of the Biobehavioral Smoking Laboratory in the Department of Psychiatry, has been in the forefront of the public discussion about the potential impact of electronic cigarettes on the nation's health. Dr. Strasser authored an opinion piece in the August 20, 2013 edition of the *New York Times* arguing for more research and regulation. Not all smokers are alike and therefore will respond differently to e-cigarettes, he wrote, and there is a paucity of research on how individuals actually use them and if there are any risks or benefits. "Nicotine is an addictive drug and therefore electronic cigarettes should be subject to some form of regulation," he emphasized. "Production standards must be enforced so that consumers can be properly informed of the amount of nicotine and other constituents present. Regulations to prevent misleading marketing and labeling of electronic cigarettes is also important." Ultimately, Dr. Strasser concluded, "Until we have a sense of how the public will actually use the product we must carefully and continually monitor this emerging health issue."

Dr. Strasser continued his public dialogue about electronic cigarettes in an interview for the September 22, 2013 *Philadelphia Inquirer*. There he cited the lack of research as a reason for caution. "It's a newer product and the definitive clinical trials have not been conducted and there's been some smaller-scale studies that have been done, but the results are kind of all over the place," he said. "There are some reports that there's a reduction in cigarette smoking when people adopt e-cigarettes. And there's some support that some people will quit smoking, but at the same time there are some studies that show that people quit even with a very low-nicotine or no-nicotine cartridge, so a lot more has to be done."



View the August 20, 2013 *New York Times* article at - <http://www.nytimes.com/roomfordebate/2013/08/20/the-ambiguous-allure-of-the-e-cig/research-and-regulation-of-e-cigarettes-is-a-must>

View the September 22, 2013 *Philadelphia Inquirer* article at - http://www.philly.com/philly/opinion/20130922_The_Pulse__A_positive_whiff_of_e-cigs.html

Dr. Strasser shed additional light on e-cigarettes in an August 30, 2013 segment on WHY? RadioTimes show. To listen to the interview, visit - <http://why.org/cms/radiotimes/2013/08/30/what-do-we-know-about-e-cigarettes/>



What Can be Done for Depression?

Mahendra T. Bhati, MD, Assistant Professor of Clinical Psychiatry, was featured in a September 8, 2013 *Philadelphia Inquirer* story, answering a question from a reader inquiring about new treatments for depression. He talked of new drug targets—non-monoamine neurotransmitters and hormone receptors—and electro-convulsive therapy, which remains the most effective antidepressant. New brain-stimulation treatments include transcranial magnetic stimulation and vagal nerve stimulation, both of which are FDA approved. However, he noted that "the cure to depression may not necessarily be in a pill. We live in a culture where we want prescriptions, but sometimes we need to resort to life-style changes like reducing stress, exercising more, and eating a better diet."

News and Announcements

In the News Continued from page 3



Military And Veteran Suicides Rise Despite Aggressive Prevention Efforts

Gregory K. Brown, PhD, Research Associate Professor of Clinical Psychology in Psychiatry, and **David W. Oslin, MD**, Professor of Psychiatry and chief of mental health at the Philadelphia VA Medical Center, were both quoted in an August 29, 2013 *Huffington Post* article, part of a special series, "Invisible Casualties," that shines a spotlight on suicide prevention efforts within the military. This most recent article tackled the rising number of military and veteran suicides, which experts fear will continue to increase, despite aggressive suicide prevention campaigns by the government and private organizations. At the VA, the concept of reaching those at risk of suicide is driving the suicide prevention effort beyond traditional counseling and therapy. It now includes programs for housing the homeless, pain management, employment, and outreach to veterans in legal jeopardy. "It's not just what we can do in this hospital, it's what we can do in the community to help veterans get better," Dr. Oslin told the *Huffington Post*.



View the August 29, 2013 *Huffington Post* article at - http://www.huffingtonpost.com/2013/08/29/military-veteran-suicides-prevention_n_3791325.html

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 lectures are listed below. For more information about Grand Rounds and the 2013-14 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

October 24, 2013

"Neurobiology of Late Life Depression; Can We Distinguish it from Preclinical Dementia?"

Speaker: Yvette Sheline, MD, Professor of Psychiatry, Radiology and Neurology, Perelman School of Medicine, University of Pennsylvania

Location: BRB II/III Auditorium

November 7, 2013

"Aging and Memory Module Case Conference"

Speaker: Steven Arnold, MD, Professor of Psychiatry and Neurology; Director, Penn Memory Center; Director, Geriatric Psychiatry Program; Assistant Director, Penn Alzheimer's Disease Core Center and Clinical Core Leader; Perelman School of Medicine, University of Pennsylvania

Location: John Morgan Building, Class of '62 Auditorium

November 21, 2013 - Weller Memorial Lecture

"Rages, Mania and Mood Dysregulation; Liberal vs Conservative Viewpoints on Bipolar Disorder in Youth"

Speaker: Gabrielle A. Carlson, MD, Professor of Psychiatry and Pediatrics; Director, Child and Adolescent Psychiatry; Department of Psychiatry and Behavioral Science; Stony Brook School of Medicine

Location: BRB II/III Auditorium

PBHMind Symposia Series

The University of Pennsylvania's 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 a variety of topic areas. Upcoming events are listed below. Visit our website at www.pbhmind.com to learn more about our programs and to view our full course catalog.

October 18-19, 2013

ADHD Symposium - "Adult ADHD: Symptoms, Conceptualization, Assessment, and Treatment"

Speakers: Anthony L. Rostain, MD, MA, J. Russell Ramsay, PhD

For additional information or to register, please visit: <http://www.pbhmind.com/adhd-symposium-13>

News and Announcements

Announcements

Penn Psychiatry Participates in AFSP's "Out of the Darkness" Community Walk

On October 6, enthusiastic volunteers representing Penn's **Department of Psychiatry** and **Penn Behavioral Health** joined approximately 3000 other dedicated folks to support a very worthy cause – suicide prevention. They all traveled to the Philadelphia Art Museum to participate in the Philadelphia "Out of the Darkness" Community Walk and related events sponsored by the American Foundation for Suicide Prevention (AFSP). The money pledged for the Walk will fund AFSP's nationwide research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and provide support for survivors of suicide loss. The Penn Psychiatry volunteers pictured below helped the cause in multiple ways - by walking the course, staffing the Penn Medicine table, and collecting donations from those who attended the day's program. The Department thanks all of them, as well as others from the Penn Psychiatry community, who contributed their personal time and effort on a beautiful Sunday morning to help the AFSP preserve the lives of those in need.

Walk donations will be accepted by the AFSP until December 31, 2013. To learn more about the AFSP, including how to donate, visit - <http://www.afsp.org/>



Left to Right: Linda Ramos, Olivia Ramos, Natalie Conlin, Gabrielle Capozzoli, Cynthia Workman, Kim Druding, Gina D'Alessandro

2013 Penn Medicine Neuroscience Center Symposium

We invite you to register for the upcoming **Penn Medicine Neuroscience Center Symposium**, entitled "Neural Repair: Molecular Mechanisms to Clinical Approaches". The Symposium will take place on Thursday, December 5th, 2013 from 9:00 am to 5:00 pm in the Biomedical Research Building II/III Auditorium on the Penn campus. This one-day symposium will feature internal speakers from the Penn Neuroscience community and external guest speakers, as well as poster presentations. Breakfast and lunch are provided and there will be a reception following the event. Attendance is free, but registration is required.

A preliminary agenda and registration information are available on our website http://www.uphs.upenn.edu/neuroscience-center/education/pmnc_symposium.html. Please feel free to circulate this information to any of your colleagues who may be interested in attending.