

PENN PSYCHIATRY
PERSPECTIVE

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

**Ideas, Suggestions,
and News!**

We welcome your news and announcements about your activities for stories 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

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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 - <http://www.med.upenn.edu/psych/news.html>.)

The Fix



Anna Rose Childress, PhD, was interviewed in a December 18, 2015 *Radiolab* segment, "The Fix," on historical polarizations within the addiction treatment community regarding the use of "drugs to treat addiction to drugs."

Historically, many care providers were reluctant to use medication-assisted treatment, viewing addictions as moral or spiritual shortcomings, rather than medical disorders with strong biological and genetic underpinnings. This view resulted in the under-treatment of substance use disorders, at great cost to patients, their families, and the broader economy. The historical hesitancy about medications has been pervasive, extending even to FDA-approved addiction medications demonstrated to be safe and efficacious in controlled clinical trials - and medications known to be completely without abuse potential (e.g., the opiate antagonist medication naltrexone for opiate and alcohol use disorders). With wider public understanding of the biological contribution to addiction and to relapse vulnerability, there is hope for the wider use of several already-approved FDA-medications (for opiates, nicotine, and alcohol) and the continued press to find effective pharmacotherapies for several disorders still lacking an FDA-approved medication (cocaine, methamphetamine, 'ecstasy', marijuana, etc.).

Through a patient's account, Dr. Childress described her work with a candidate addiction medication, baclofen, a common anti-spastic drug that shows promise in "calming" the brain's response to powerful drug-reminder cues. The *Radiolab* segment featured other personal accounts from patients struggling with addiction, and comments from several other experts, including Mark L. Willenbring, MD, former Director of the Treatment and Recovery Research Division of the NIH's National Institute on Alcohol Abuse and Alcoholism (NIAAA), journalist Gabrielle Glaser, and Nora D. Volkow, MD, Director of the NIH's National Institute on Drug Abuse (NIDA).

Dr. Childress is Research Professor of Psychology in Psychiatry and Director of the Brain-Behavioral Vulnerabilities Laboratory at the Center for Studies of Addiction in the Department of Psychiatry at Penn.

Listen to the December 18, 2015 *Radiolab* segment at - <http://www.radiolab.org/story/addiction/>

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The Fix

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Links for further viewing include: 1) the HBO segment on the work of Dr. Childress' team with imaging baclofen's effects on subliminal drug cues - http://www.hbo.com/addiction/thefilm/centerpiece/614_segment_3.html ; and 2) the associated publication in the *Journal of Neuroscience* (2014) related to drug cues, addiction relapse, and baclofen - <http://www.jneurosci.org/content/34/14/5038.short>

An Intergenerational Look at Behavioral Health

Dr. Rostain



Dr. Livesey



Dr. Joy

Anthony L. Rostain, MD, MA and Psychiatry Chief Residents **Cecilia Livesey, MD** and **Michelle Joy, MD** participated in a January 11, 2016 WHYY Radio (Philadelphia) "Voices In the Family" program, the first of WHYY's new series of special broadcasts. They joined host Dan Gottlieb, PhD and a live studio audience for a roundtable intergenerational conversation about the future of psychiatry training. The four participants shared experiences, as the two seasoned

veterans looked back on changes in the fields of behavioral and mental health and offered advice on sustaining a professional career, while the residents in training looked ahead. The young psychiatrists shared what they hope to bring to the field and the veteran experts offered words of wisdom to the young physicians derived from long experience.

Dr. Rostain is Professor of Psychiatry and Pediatrics, Vice-Chair for Education, and Co-Founder and Medical Director of the Penn Adult ADHD Treatment and Research Program in the Department of Psychiatry at Penn. Dr. Joy and Dr. Livesey are the Chief Residents for Inpatient Psychiatry in the Department.

Listen to the January 11, 2016 WHYY Radio (Philadelphia) "Voices in the Family" segment at - <http://whyy.org/cms/voicesinthefamily/an-intergenerational-look-at-behavioral-health/>

Reducing Noise To Sleep Better

Mathias Basner, MD, PhD, who has studied the influence of sound on sleep, offered advice on how to minimize sleep disturbing sounds in a December 30, 2015 *U.S. News & World Report* article. The article featured suggestions from several sleep experts from around the country.

Dr. Basner took a look at the effects of living near airport, rail, and road traffic - alone or combined. "It can be very disruptive," he told the publication. A simple fix can ease rail or roadside noise. "If you have the option to move your bedroom to the side of the house that is not exposed to traffic, that can be very effective," he said. Dr. Basner added that earplugs help some people more than others. People who don't tolerate earplugs may get too distracted from *internal* noise, such as the sound of their heart beating or stomach growling. "Usually [earplugs] are very good for blocking out the higher frequencies in the sound spectrum," he said. But they're not as effective for blocking low-frequency, rumbling noise, like the kind you get near a railway.

Dr. Basner expressed concern about the health effects of unwanted noise beyond one's hearing, such as the way noxious noise increases the release of stress hormones in the body and its impact on sleep. Relative to general sleep hygiene, Dr. Basner mentioned, "What I always find puzzling, in terms of sleep hygiene, is that we really spend a third of our lives in bed," he said. "We are willing to spend a lot for a house or car ... but not for our mattress."

Sleep may seem passive, but it's actually an active process, Dr. Basner emphasized. "A lot of things are happening. Memory is consolidated. Specific hormones are created exclusively during the night. We know that if you're not getting enough sleep on a chronic basis, there are all these negative health consequences that are linked to the sleep loss," he said. "So getting enough and good-quality sleep is extremely important."

Dr. Basner is Associate Professor of Sleep and Chronobiology in Psychiatry in the Department of Psychiatry at Penn.

View the December 30, 2015 *U.S. News & World Report* article at - <http://health.usnews.com/health-news/health-wellness/articles/2015-12-30/to-sleep-better-stay-cool-and-cut-clutter>

The Surprising Way Your Sleep Patterns Affect Your Weight



Namni Goel, PhD was quoted extensively in a January 14, 2016 *Sonima* article about emerging science that connects the amount of sleep with the amount of weight gain. "At one point, scientists started to realize that the obesity epidemic and the trend of people sleeping less were not occurring independently," Dr. Goel told *Sonima*. It appears that when the hours we log at night are too little, hormones, metabolism, insulin sensitivity, decision-making skills, and waistlines pay the price.

Due to a number of neurobiological factors, Dr. Goel said that "there are consistent findings that most sleep-deprived people go for fats and carbs for late-night snacks," adding that there's no definitive research as to why we crave these two food groups more than any other. "Everything comes together. Hormones that tell you you're hungry with no satiety shut-off, consuming an extra 400 to 500 calories during a time of night when your energy expenditure is low and your body can't process the food as well, [while you are] eating food high in fats and carbs."

Dr. Goel outlined simple things to keep from gaining weight. First, don't eat after 7 p.m., even if you don't go to bed until 11 p.m. or midnight. Feeding your body the amount of calories it needs during the day means your body doesn't require those extra calories at night. If you're feeling hungry in the evening, snack on healthy options like carrots or apples. Fruits and vegetables break down easily and won't add significantly to your calorie intake. And when possible, make up for any sleep loss through naps or getting to bed earlier the next night. The more regular your schedule - sleeping and eating - the more likely your scale's needle will stay put.

Dr. Goel is Research Associate Professor of Psychology in Psychiatry in the Division of Sleep and Chronobiology in the Department of Psychiatry at Penn.

View the January 14, 2016 *Sonima* article at - <http://www.sonima.com/meditation/sleep-affects-weight/>

Awards and Honors

Dr. Ramsay Inducted into CHADD Hall of Fame and Honored by APSARD



J. Russell Ramsay, PhD was inducted into the Hall of Fame of Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) at its annual international conference in New Orleans on November 12, 2015. CHADD provides education, advocacy, and support for individuals with ADHD. It is the largest ADHD-related organization, representing more than 12,000 members. Most are families of children and adults with ADHD. About 2,000 CHADD members are professionals providing clinical and other services to persons with ADHD.

In addition to the honor from CHADD, Dr. Ramsay received one of four "Best Research Poster" awards from the American Professional Society of ADHD and Related Disorders (APSARD) at its Annual Meeting in Washington, DC in January 2016. APSARD bestowed four awards in four different categories.

Dr. Ramsay has authored numerous professional and scientific articles and book chapters. With Anthony L. Rostain, MD, MA in Penn's Department of Psychiatry, he is co-author of *Cognitive Behavioral Therapy for Adult ADHD: An Integrative Psychosocial and Medical Approach* (2015, Routledge) and *The Adult ADHD Tool Kit Using CBT to Facilitate Coping Inside and Out* (2015, Routledge). He is Associate Professor of Clinical Psychology in Psychiatry and Co-Founder and Co-Director of the Penn Adult ADHD Treatment and Research Program in the Department of Psychiatry at Penn.



This image is being used courtesy of the University of Pennsylvania

In Memoriam - Howard S. Baker, MD



photo from <https://www.linkedin.com/in/howard-baker-16627b68>

On January 4, 2016, Chairman Dwight L. Evans, MD, Vice-Chair for Education Anthony L. Rostain, MD, MA, and Co-Director of Residency Training Richard F. Summers, MD informed the Penn Psychiatry community of the death of Howard S. Baker, MD.

Dr. Baker completed his undergraduate education and undergraduate medical education at the University of Wisconsin, did his one-year medical internship at San Francisco General Hospital, and was a resident in Psychiatry at Penn. He served as Clinical Assistant Professor of Psychiatry in the Department of Psychiatry at Penn from 1979 to 1988, when he was promoted to the position of Clinical Associate Professor of Psychiatry.

In his Philadelphia and Wynnewood practice, Dr. Baker specialized in treating patients with relationship problems, Attention-Deficit/Hyperactivity Disorder (ADHD), and spiritual difficulties, and he had particular experience treating trauma and Post-Traumatic Stress Disorder (PTSD), addiction and alcoholism, depression, divorce-related issues, loss and grief, and anxiety. In the Department, Dr. Baker was known for his excellent clinical supervision and teaching about self-psychology and empathy.

The Department extends its deepest condolences to the entire Baker family.

Upcoming Events

Department of Psychiatry Grand Rounds

Department of Psychiatry Grand Rounds are held on the designated dates in the designated locations. Please note any changes in time. The next lectures are listed below. For more information about Grand Rounds and the 2015-16 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

February 25, 2016

Title: Autism Research

Speaker: Edward (Ted) Brodtkin, MD

Associate Professor of Psychiatry
Center for Neurobiology and Behavior
Director, Adult Autism Spectrum Program
Department of Psychiatry
Perelman School of Medicine at the University of Pennsylvania

Location: Arthur Rubenstein Auditorium (SCTR)

Time: 12:30PM

March 24, 2016

Autism Research

Speaker: Matthew State, MD, PhD

Professor and Chair
Department of Psychiatry
University of California at San Francisco School of Medicine

Location: BRB II/III Auditorium

Time: 12:00PM