



Vol One • Winter 2006

InPsych



NEWS AND NOTES FROM THE NEW YORK STATE PSYCHIATRIC INSTITUTE

CATIE Study On Alzheimer's Reveals Phase 1 Findings

According to the National Institute of Mental Health (NIMH), an estimated 4.5 million Americans suffer from Alzheimer's. To combat delusions, aggression, hallucinations and other similar symptoms antipsychotic medications were commonly prescribed though little evidence existed to support their effectiveness. Now, researchers, among them Dr. Jeffrey Lieberman, have found that antipsychotic medications appear to be no more effective than placebo when adverse side effects are accounted for. Published in the *New England Journal of Medicine* in October, 2006, the Phase 1 results of the Clinical Antipsychotic Trial of Intervention Effectiveness study for Alzheimer's disease (CATIE-AD) offers providers, patients and their family members vital information to help them more accurately weigh the risks and benefits of the medications.

The \$16.9 million, five-year trial was conducted at 42 sites and included 421 people. Participants had Alzheimer's-related dementia with additional symptoms such as delusions, aggression, hallucinations, or agitation that were severe enough to disrupt their functioning. Fifteen to 24 percent of participants taking

the medications discontinued use because of side effects, which included sedation, confusion and weight gain. Only five percent of those on placebo said they discontinued use due to side effects.

"These results further emphasize the challenge of managing behavioral problems in Alzheimer's patients," said Dr. Lieberman. "In the next phase of the trial we will determine whether switching patients to another antipsychotic or an antidepressant will be beneficial in terms of relieving symptoms and improving functioning."

Last year, Dr. Lieberman and colleagues reported that the CATIE trial comparing the older antipsychotic perphenazine to four atypical antipsychotics found that the newer type of medications for schizophrenia were only marginally better than the older, generic drug in terms of effectiveness and tolerance. The four newer medications that were included in the study were olanzapine (Eli Lilly & Co.), quetiapine (AstraZeneca), risperidone (Johnson & Johnson) and ziprasidone (Pfizer). Similar findings were reported by British researchers in a study published in the *Archives of General Psychiatry* in October, 2006.

In This Issue

- 2.....New Recruits
- 3.....Research News
- 4.....New Depression Treatment May Be on the Way
- 5.....CARING at Columbia
- 5.....25 Years of AIDS
- 6.....Grant News
- 7.....Transitions
- 8.....What You Should Be Reading Now

Columbia Department of Psychiatry

Researchers Earn Top Awards From NARSAD

NARSAD, the world's largest psychiatric philanthropy, selected Drs. Jeffrey A. Lieberman, David Shaffer and Lorna Role as this year's recipients of awards for their significant contributions to the field of psychiatric research. NARSAD is dedicated to funding scientific research on psychiatric disorders including schizophrenia and depression. The winners were formally awarded at a gala dinner on October 27 at New York City's Pierre Hotel.



Dr. Jeffrey Lieberman, Lieber Prize for Schizophrenia Research

Dr. Lieberman, Director of the Psychiatric Institute and Chair of the department, was awarded the Lieber Prize for Schizophrenia Research. The \$50,000 prize honors a scientist who has made distinguished contributions to the understanding of schizophrenia. Dr. Lieberman holds the Lieber Chair and directs the Lieber Center for Schizophrenia Research.

"Dr. Lieberman has significantly improved our understanding of schizophrenia through his research that has shed light on the progressive changes in the brain of patients in the early stages of schizophrenia and the potential benefits of early intervention" said William E. Bunney, Jr., MD., Della Martin Chair of Psychiatry, University of California, Irvine, and Chair of the NARSAD Scientific Council Lieber Prize selection committee.

Dr. Lieberman is currently principal investigator of the landmark NIH-funded schizophrenia trial, the Clinical Antipsychotic Trial of Intervention Effectiveness (CATIE), supported by a \$42.6 million grant from the National Institute of Mental Health (NIMH). With more than 1400 participants at 57 sites around the country studied for 18 months, the trial is the largest and longest study of schizophrenia and the effectiveness of antipsychotic treatments.

"I have worked closely with NARSAD for many years as a member of their scientific council, so I am particularly honored to receive this award," said Dr. Lieberman. continued on page 4



Message from the Chairman and Director

Shortly after my arrival at the Columbia University Psychiatry Department and the New York State Psychiatric Institute in January 2005, I gave a Grand Rounds in which I announced a new beginning for this historic program that has contributed so much to the fields of psychiatry and mental health care in the course of the 20th century. I am happy to say that the new beginning is well underway with a transformation of our organizational structure, a series of recruitments and appointments, and the development of a strategic plan to guide the growth and direction of our research, clinical care and educational programs. More than any academic medical institution, we continue to attract the most talented students and trainees, who will become the future leaders of academic psychiatry and mental health care.

An essential part of this new beginning is to establish a closer more vibrant link to Columbia and Psychiatric Institute's extended family. In this context, we will issue this Newsletter throughout the year to update you on news and noteworthy developments in the department and PI. In addition, we will convene educational conferences for mental health professionals and consumers, and Dialogues in Science and Psychiatry for friends and supporters of Columbia and PI at which our most distinguished and expert faculty will preside.

My excitement and optimism at the brilliant prospects for our programs is only tempered by the Dickensian circumstances in which we find ourselves. Despite the tremendous progress and potential for biomedical research to unravel the mysteries of mental illness, funding levels of grants submitted to the NIH are at historic low-points. In addition, the scope of mental health care services that we can provide is limited by the complex and under-funded reimbursement structure of our health-care financing system. For these reasons, now more than ever, we must seek new sources of support to sustain our mission to discover the causes and develop the cures for mental illness and provide the best possible care to all people in need.

I look forward to working with you to achieve these important goals.

Paul Appelbaum

In a major coup for the department of psychiatry, the country's leading forensic psychiatrist and noted scholar, Dr. Paul S. Appelbaum, was appointed the Elizabeth Dollard Professor of Psychiatry, Medicine and the Law at Columbia in January 2006.

Prior to joining the department, Dr. Appelbaum chaired the department of psychiatry at the University of Massachusetts, which experienced tremendous growth in its research efforts and clinical programs during his 13 years at the helm. He oversaw the development of contracts with the state Department of Mental Health for training forensic mental health professionals in forensic assessment, helping to develop the forensic program that subsequently became mandatory for all people doing forensic assessments for the state of Massachusetts.

His focus here "will build upon his primary research interests, which include: research ethics as it relates to an individual's understanding of the risks and benefits of research and his/her ability to provide informed consent; decisional capacity issues regarding treatment of vulnerable patients and; the prediction and management of violent behavior."

Dr. Appelbaum helped lay the groundwork for studies of violence by people with mental illness. The 2001 forensic mental health volume *Rethinking Risk Assessment: The McArthur Study of Mental Disorders and Violence* details the most comprehensive study to date on predicting violence in this population and challenged the perception that serious mental disorders predisposes people to behave violently.

After graduating Harvard Medical School, Dr. Appelbaum completed his residency in psychiatry at the Massachusetts Mental Health Center in Boston. He has received the Isaac Ray Award of the American Psychiatric Association for "outstanding contributions to forensic psychiatry and the psychiatric aspects of jurisprudence."



Harold Pincus

Dr. Harold Pincus, formerly Executive Vice Chair of the University of Pittsburgh, has been named Vice Chair for Strategic Initiatives of the Department of Psychiatry. He has also taken on a new role at New York Presbyterian Hospital as Director of Quality and Outcomes Research. As vice chair, Dr. Pincus has been working with the chairman and other senior faculty and staff "to undertake important projects that cross-cut the academic, research and clinical life of PI and the department," he said. He has also been facilitating collaboration

between PI and the department and the rest of the medical center campus, and exploring different mechanisms for the support of junior faculty.

Academic career development, especially the role of mentoring relationships, has always been of interest to him and is, he believes, integral to the professional development of young researchers and clinicians. Dr. Pincus himself found a supportive and nurturing mentor in former PI director and department chair now Presbyterian Hospital president, Dr. Herbert Pardes, whom he met at NIMH. Now, Dr. Pincus will be taking the lead in helping the hospital gain even greater national recognition in all areas, including psychiatry. For this role and his position at PI, he will bring to bear his significant experience in leading projects on major health policy and services research, and research training.

Dr. Pincus attended the University of Pennsylvania where he earned a BA in sociology. He earned his medical degree at Albert Einstein College of Medicine, completed his residency at George Washington University Hospital, and had training in health services and policy research as a Robert Wood Foundation Clinical Scholar.

Moira Rynn

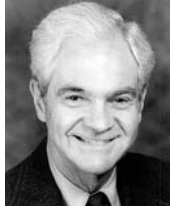


Dr. Moira Rynn joined the department in June 2006 as Director of the Operations Core of the NIMH funded grant Child Psychiatry Advanced Center for Intervention and Services Research. She is also the Director of the Children's Day Unit (CDU) and the Child and Adolescent Psychiatric Evaluation Service (CAPES), and Deputy Director of the Department of Child and Adolescent Psychiatry with special responsibility for clinical intervention research.

Previously she was the Medical Director of the Mood and Anxiety Disorders Section of the Department of Psychiatry at the University of Pennsylvania School of Medicine (PENN), a position she held for eight years. Dr. Rynn joined PENN Psychiatry in 1991 as a resident. In 1997, she completed the Child and Adolescent Psychiatry Fellowship at the Children's Hospital of Philadelphia, Child Guidance Center, followed by a NIMH sponsored Neuropsychopharmacology Research Fellowship at PENN. Dr. Rynn's area of research has been focused on pediatric psychopharmacology with an emphasis on anxiety disorders. She has extensive experience in conducting psychopharmacology research studies in the treatment of anxiety and depression in children and adolescents. In addition, she is also a part of the NIMH funded multi-site

Continued on page 7

Researchers at the Psychiatric Institute have been making headlines since its founding. They have made significant contributions over the years and added to the increasing knowledge of the biological and environmental nature of psychiatric illness. The past year has borne witness to the valuable scientific discoveries unearthed by our experts and written about in media nationwide



Bruce Dohrenwend “The Psychological Risks of Vietnam for US Veterans: A Revisit with New Data and Methods” (Science)

This latest study of the psychological impact of the war in Vietnam on U. S. veterans showed that the more combat exposure a veteran had, the greater his likelihood of developing posttraumatic stress disorder (PTSD). This finding, with a measure of exposure based on military records, is consistent with the 1988 results of the Congressionally-mandated National Vietnam Veterans Readjustment Study (NVVRS), based on veterans’ retrospective reports of exposure many years after their war experiences. At that time, the NVVRS also reported that almost one out of three veterans suffered from PTSD, a finding that had been widely criticized. To address the concerns of critics of the NVVRS, Dr. Dohrenwend and colleagues used military records and historical accounts not only to construct their new exposure measure but also to cross-check veterans’ exposure reports during clinical diagnoses of a subsample of 260 of the 1200 veterans who participated in the NVVRS.

Though the adjusted rates of PTSD from the new research are lower than those originally reported in the NVVRS, the new rates are still higher than the 14.7% lifetime and 2.2% current rates of PTSD also published in 1988 by the Centers for Disease Control, the only other nationwide study of Vietnam veterans. The new rates did not go unnoticed by public policymakers, veterans groups and others after the study’s publication in August.



Mark Olfson “National Trends in the Outpatient Treatment of Children and Adolescents With Antipsychotic Drugs” (Archives of General Psychiatry)

Reported in June, this study’s findings drew national attention when they revealed a sharp increase in the use of antipsychotic medication among children and adolescents (age 20 years and younger) treated in office-based practice over a roughly 10-year period. Mostly second-generation drugs were prescribed to these young patients. The authors wrote that these medications are not proven to be effective or safe for children. The study, which analyzed data compiled by the National Ambulatory Medical Care Surveys, showed a six-fold increase in prescriptions. The authors noted that the availability of the newer or second-generation antipsychotics with fewer side effects in adults may have contributed to the increase.

Among the patients receiving these medications were those diagnosed with disruptive behavior disorder, mood disorders, pervasive developmental disorders or mental retardation and psychotic disorders. “In light of the widespread and growing use of these medications, there is a pressing need to increase and extend the experimental evaluation of these medications in children and adolescents,” the authors wrote.

Equally captivating among mental health practitioners, patients and science writers were the results of another Olfson study in which he analyzed the records of more than 5,000 Medicaid recipients to determine

whether a link existed between antidepressant use and suicide risk. The study found that severely depressed children and adolescents ages 6 to 18 years were 1.5 times as likely to attempt suicide and also significantly more likely to complete suicide if they were treated with an antidepressant medication than if they were not treated with an antidepressant. Among adults age 19 to 64 years, however, treatment with antidepressants was not associated with either suicide attempts or suicide deaths. These findings were reported in the August issue of Archives of General Psychiatry.



Timothy Walsh “Fluoxetine After Weight Restoration in Anorexia Nervosa: A Randomized Controlled Trial” (JAMA)

This two-site study of 93 patients with anorexia nervosa found that the widely prescribed medication, fluoxetine (brand name Prozac) was ineffective in maintaining weight gain or preventing relapse in patients. Relapse is a major cause of concern among patients recovering from anorexia nervosa and their caregivers because 30 to 50 percent of patients require re-hospitalization within one year after receiving inpatient care. Because patients with anorexia nervosa often have symptoms of depression, many clinicians have believed that antidepressants are helpful for patients with this disorder.

The patients in the study all received intensive in-patient or day-program treatment either here at NYSPI or in a similar program in Toronto and regained weight to a minimum body mass index (BMI) of 19. (BMI is a measurement of body fat. Normal BMI falls within the range of 18.5 and 24.9.) Participants were then randomly assigned to receive fluoxetine or placebo and were treated for up to one year as outpatients. None of the analyses conducted found a significant difference between the fluoxetine and placebo groups. Dr. Walsh and his colleagues wrote, “These data imply that therapeutic efforts would be better devoted to psychological and behavioral interventions for which there is some, albeit modest, evidence of efficacy.”



Myrna Weissman “Remissions in Maternal Depression and Child Psychopathology” (JAMA)

For those in the field and recipients of psychiatric services, this study’s public health implications were clear: the results showed that treating mothers’ depression successfully markedly decreases the risk of developing psychiatric problems in their children. Dr. Weissman told Forbes Magazine: “While depression may be a genetic disorder, it has a strong environmental component. And, for a child, a parent’s illness is a very strong environmental effect.” The study is “the first study to document prospectively the relationship between mother’s getting better and the child’s state,” Dr. Weissman said.

The study included 151 mother-child pairs in primary care and psychiatric outpatient clinics. The mothers in the study were treated with medication for depression. The children, aged 7 to 17 years, were assessed by a team of evaluators who were not involved in the mothers’ care and, therefore, were unaware of their response to treatment.

The researchers found that after 3 months of medication treatment there was an overall 11 percent decrease in rates of diagnoses in children of mothers in remission vs. an eight percent increase in children of mothers with continuing depression. Of the children who had psychiatric diagnoses at baseline and whose mother’s depression remitted, 33 percent of the children’s own diagnoses had remitted, whereas only

Continued on page 7

New Depression Treatment May Be On the Way

Dr. Sarah Lisanby, Director of the Division of Brain Stimulation and Neuromodulation, is eagerly anticipating the results of the FDA's review of transcranial magnetic stimulation (TMS). The treatment would become the latest non-pharmacological therapy for major depression.

Magnetic stimulation of the brain first captured the attention of scientists in the early 1900s. It was the work of two engineers in 1985 that led to renewed interest in the potential use of the device to study and treat psychiatric disorders, most notably depression. Numerous small studies have been done over the years, but it is the results of the first industry-sponsored, multi-center trial that have caught the attention of the FDA.

Dr. Lisanby led the investigation here at PI/Columbia—the only site in New York. Twenty-two other sites in the US, Canada and Australia participated in the study of 301 outpatients with major depression who had previously failed to respond to a previous round of antidepressants during their current episode of depression. The study examined the efficacy

of TMS applied to the left prefrontal cortex and compared that to sham TMS. A six-month maintenance treatment was offered to patients who remained in the study. Two-thirds of participants did not require additional TMS treatment, which was a strong indication of TMS's long-term effectiveness. As had been borne out by earlier studies, the side effects were mild headache and scalp pain at the site of stimulation. The findings were released in May at the American Psychiatric Association Meeting in Toronto.

"A positive FDA review would mean that patients with major depression would have an alternative, non-invasive treatment for their depression," said Dr. Lisanby. Unlike vagus nerve stimulation (VNS), which requires surgery, TMS is non-invasive. It has advantages over electroconvulsive therapy (ECT) as well because it is more focal and does not require anesthesia. TMS also has a better side-effect profile, sparing patients the risk of troubling memory loss.

The study was sponsored by Neuronetics, Inc., which manufactures a TMS device.

Researchers Earn Top Awards From Narsad (continued from page 1)

Lieberman. "I am grateful for NARSAD's continued support and collaboration, which has been a foundation for my work into the most effective treatments for people living with schizophrenia." Dr. Lieberman received a NARSAD Distinguished Investigator Award in 1999 for his research into the structural and functional brain markers that identify family members at increased risk to develop schizophrenia.



Dr. David Shaffer, Ruane Prize for Childhood Psychiatric Disorders Research

Dr. Shaffer, Chief of the Department of Child Psychiatry, was one of two scientists awarded the Ruane Prize for Childhood Psychiatric Disorders, for his research on teen suicide and its prevention. The \$50,000 prize, which will be shared between Dr. Shaffer and David A. Brent, M.D. of the University of Pittsburgh School of Medicine, honors outstanding research into the causes, pathophysiology, treatment or prevention of severe child psychiatric illness.

"Dr. Shaffer has devoted his professional life to the study of the diagnosis, treatment and prevention of childhood depression and suicide – exploring these issues from several aspects including epidemiology, drug and non-drug treatment, support for advocacy groups and public education," said Judith L. Rapoport, M.D., Chief, Child Psychiatry branch, National Institute of Mental Health, and Chair of the NARSAD Scientific Council Ruane Prize selection committee. "His work has had great influence on today's educators and mental health practitioners."

"Being selected by NARSAD for achievement in the field of child psychiatry is a great honor," said Dr. Shaffer. "This grant and the continued support of NARSAD will enable me to continue my work developing new prevention and treatment protocols against teen suicide. I strongly believe that no member of our society, no matter what their age, should have to suffer in silence from mental illness and this award will help support that mission."

Dr. Shaffer received a NARSAD Distinguished Investigator Award in 1992 for his research into the neuropsychiatric aspects of childhood affective and anxiety disorders.



Dr. Lorna Role, Sidney R. Baer Jr. Prize for Promising Psychiatric Research

Dr. Lorna Role, professor of anatomy and cell biology, was honored with the Sidney R. Baer Jr. Prize. Selected each year by the Lieber prize winner, the \$40,000 prize honors a psychiatric investigator who is conducting particularly promising research. Dr. Lieberman, recipient of this year's Lieber prize, chose Dr. Role for her research into the mechanisms of central nervous system development and synaptic plasticity related to neuropsychiatric disorders.

"Although Lorna Role is not new to science, she is relatively new to schizophrenia research, and is the ideal recipient of the Sidney R. Baer Jr. Prize," said Dr. Lieberman. "Dr. Role has carried out spectacular work on the combined effects of candidate genes on the pathogenic mechanisms and phenotype of schizophrenia, and the effects on these of novel therapeutic agents." "I am thrilled to have been chosen for this award and grateful to Dr. Lieberman for his generous nomination statements on my behalf. The Sidney Baer Prize from NARSAD is a recent addition to their achievement awards for new and innovative approaches to psychiatric disease. As a neuroscientist researching basic mechanisms underlying affective disorders, I am particularly grateful to be recognized by NARSAD for my efforts along these lines," said Dr. Role. "This award provides important funding toward my laboratory's continued research on gene-gene interactions in the manifestation of schizophrenia phenotypes and inspires us in these times when federal grants for medical research are more competitive than ever."

Dr. Role received a NARSAD Distinguished Investigator Award in 2000 for her work on the molecular mechanisms underlying the formation and maintenance of synapses in the central nervous system.

CARING At Columbia Makes A Difference Here And Abroad

How does a child learn to express his/her frustrations in a constructive way? As art programs in schools go the way of the dinosaur, one wonders what outlets kids will have to help them deal with stressors in their lives. For 18 years, youngsters in Washington Heights have enjoyed access to a unique program called CARING at Columbia to help them learn important coping skills. And last year, Harlem students welcomed the group to their schools. Now, the invention that got its start in two New York City neighborhoods has been translated to Seoul, South Korea.



CARING group one day workshop for 30 students in Korea

early childhood to late adolescence. Visual arts therapist and Pratt University graduate Robin Snow joined the CARING at Columbia team in 2003. A typical group session consists of eight students with a creative arts therapist, a child psychiatry resident and an art therapy intern who meet daily for an hour and a half over a semester (up to 12 weeks). Each session addresses a particular theme for the day with the latter half of the session dedicated to exploring the theme through an art activity such as puppetry or drawing. The manual that Dr. Canino created "is an art group-oriented psycho-educational guide that can be adapted to various educational environments."

"A major component of the program is that we use a culturally-sensitive model," said Ms. Snow, who has implemented the program in her old elementary school, PS 173 in Washington Heights, whose residents are mostly of Dominican ancestry. This built-in component thus increased the program's adaptability quotient, not to mention its attractiveness to those who practice creative arts therapy in South Korea. A Julliard-affiliated music teacher familiar with CARING at Columbia "became committed to the idea of taking this program to Korea." Creative arts therapy, particularly using music, is blossoming in South Korea where students are under a lot of pressure to excel academically.

On June 12, Ms. Snow flew to Seoul to train eight music therapists to incorporate a psycho-educational approach in their sessions with mainstream students, not just those with special-needs, who are the primary recipients of art therapy in South Korea's schools. This endeavor, though challenging, was facilitated by a brand new facet of the program: music. Piloting the music arm of the program in Seoul made cultural sense since music is arguably the primary form of creative expression in the country and would, therefore, be more palatable. But, barring this Ms. Snow was faced with another challenge. The traditionally reticent therapists, who all had to squeeze in instruction after a full day's work, were face to face with a cultural anomaly, so to speak. Ms. Snow is normally gregarious and full of energy. To her credit, her trainees blossomed under her natural exuberance and soon grew excited about incorporating poetry and art into their music-centric programs. They themselves came to find that these techniques were effective in getting them to open up and thus saw the value in replicating the CARING at Columbia model.

While the initial intention during her nearly two-week stay was to work with students in the regular school system in addition to teachers, Ms. Snow found herself immersed in creating a one-day workshop for 30 students age 14 to 22. "The biggest thing I've learned in my work is to be flexible," said Snow. That flexibility served her well. With just an hour and a half to prepare, she and the eight newly initiated therapists agreed on a number of themes to explore in small groups of students, all of whom were from North Korea, and had been living in Seoul for a year or more.

CARING at Columbia interweaves art therapy and psycho-education to help at-risk children, who are experiencing some difficulty as a result of severe social stress, develop problem-solving skills and build self-esteem. Referrals are provided for children who require greater care. Developed by child psychiatrists Ian Canino and Clarice Kestenbaum, the program was developed as an intervention for children from



25 Years of AIDS, 20 Years Of The HIV Center

The period 2006-2007 includes two milestones at NYSPI with regard to the HIV/AIDS epidemic. The year 2006 marks the 25th anniversary of the first appearance of AIDS in 1981, after which it rapidly grew into the full-fledged public health crisis we know today. In response to the escalating threat, the HIV Center for Clinical and Behavioral Studies was established in 1987 at NYSPI. "We are now approaching our 20th year of adapting to and addressing the changing research needs of the AIDS epidemic," said founding director Dr. Anke A. Ehrhardt.

From the beginning, cofounders Dr. Ehrhardt and Dr. Zena Stein, now Co-Director Emerita, placed a particular emphasis on three major dimensions of the epidemic: sexuality, gender, and mental health. One particularly important feature of the HIV Center's work has been the development of approaches that empower women in HIV prevention, such as the negotiation of safer sex and the use of technologies such as the female condom. The positioning of the HIV Center within NYSPI has also led to a strong inclusion of psychological and psychiatric perspectives on both the impact of HIV infection and on the behavioral dimensions of safer sex.

Over the past several years, attention has increasingly shifted to the impact of AIDS in the developing world. However, the international dimension has been a part of the HIV Center's research portfolio from the very start, with numerous longstanding collaborations in South Africa. More recently, HIV Center projects have extended into Brazil, China, Nigeria, Mexico, Argentina, and the Dominican Republic.

"True to its original mission, the HIV Center will continue to actively engage collaborators in research to stem the progression of the disease at home and around the world," added Dr. Ehrhardt.

The Columbia Developmental Neuropsychiatry Program (CDNP) for Autism and Related Disorders was acknowledged for its work in this field of significant study with a grant from the Simons Foundation to collect DNA and phenotype data from children diagnosed with autism or autism spectrum disorder and their family members.

By some news reports autism is the fastest growing serious developmental disability and rates have increased dramatically over the last decade. “Developing the CDNP over the past 3 years to help meet the needs for state-of-the-art diagnostic and treatment services in the face of the increasing rates of diagnosis of autism has been our highest priority,” noted Dr. Bradley Peterson, who will lead the project.

The CDNP is one of only 11 sites selected to collect data. Dr. Peterson and his team must provide data for 75 families in the first year and 100 in the second in order to help meet the Foundation’s goal of 1000 recruited families in two years. Participating families will comprise one child with autism or autism spectrum disorder between 6 and 15 years old, a non-affected full sibling, and biological parents. Other inclusion criteria are: a social or communication score within two points of the “autism threshold” as determined by the Autism Diagnostic Interview-Revised (ADI-R); a nonverbal IQ of 40 or above and onset before 36 months; a clinical diagnosis of autism, Pervasive Developmental Disorder-NOS or Asperger’s syndrome based on DSM IV criteria.

“Dr. Agnes Whitaker in Child Psychiatry and Dr. Marc Patterson in Pediatric Neurology have done a superb job of assembling the most comprehensive multidisciplinary clinical team in the region. Their efforts have made possible the recruitment and detailed clinical characterization of the families who will be participating not only in this important study of the genetic basis of autism, but in other neurobiological and treatment studies that are underway,” added Dr. Peterson.

The Simons Foundation provides funding to advance the frontiers of research in science and mathematics. Dr. Gerald Fischbach, former Dean of the medical school, oversees the scientific program of its autism initiative.

New Grants:

American Psychoanalytic Association

Andrew Gerber: *An fMRI Study of the Neural Basis of Transference in Healthy Young Adults*

American Red Cross

Randall Marshall: *Promoting Adaptation and Resilience in New Yorkers Directly Affected by 9/11: An Intensive Coping Skills Enhancement Group Program*

APIRE/Kempf Fund

Cheryl Corcoran: *APA Kempf Fund Award for Research Development in Psychobiological Psychiatry*

Dana Foundation

Lawrence Kegeles: *Mapping Abnormal Excitatory & Inhibitory Neurochemical Circuitry in Schizophrenia with rTMS & MRS*

Lowenstein Foundation

Jessica Levitt: *New York School Depression Awardees, Recognition and Treatment Partnership*

Medical and Health and Research Association of New York City, Inc

Ellen Lukens, Helle Thorning, Peggy O'Neill: *Curriculum Development to Enhance Post Disaster Coping Skills for NYC Community Leaders and DOHMH Staff Who Are active Decision-Makers in Times of Crisis*

NARSAD

Laura Mufson: *Group IPT-A in School-based Clinics*

Mark Olfson: *SSRI Treatment in Depressed Youth*

Franklin Schneier: *(Independent Investigator Award) Amphetamine-induced Dopamine Release in Striatal Subregions in MDD*

National Eating Disorders Association

Lisa Kotler: *A Comparison of Cognitive-Behavioral Psychotherapy and Supportive Psychotherapy in Adolescents with Bulimia Nervosa*

National Eye Institute

Ning Qian: *Computation and Psychophysics of Motion and Stereopsis*

National Institute on Alcohol Abuse and Alcoholism

Jon Morgenstern: *Naltrexone and CBT for problem drinking MSM*

National Institute on Drug Abuse

Carlos Blanco: *Improving Detection & Outcome of Psychiatric Comorbidity in Drug Treatment*

Suzette Evans: *Vulnerability to Anxiolytic Abuse in Women*

Jonathan Javitch: *Dopamine Transporter: Substrate & Cocaine Binding Sites*

John Mariani: *Anticonvulsant Pharmacotherapy for Sedative-Hypnotic Use Disorders*

Diana Martinez: *Imaging the Neurobiology of a Behavior Treatment*

Edward Nunes: *CU Partners: NY/Long Island Regional Node*

National Institute of Mental Health

Anne Marie Albano: *Child/Adolescent Anxiety Multimodal Treatment Study (CAMS)*

Alan Brown: *Prenatal Factors and Risk of Bipolar Disorder*

Brian Fallon: *Treatment of Hypochondriasis with CBT and/or SSRI*

Prudence Fisher: *Computerized Screen for Adverse Events Associated with SSRI's in Youth*

Jonathan Javitch: *Structure of the Dopamine D-2-Like Receptor Binding Sites*

Jay Gingrich: *Gene-Environment Interactions and Vulnerability to Neuropsychiatric Disorders*

Ramin Parsey: *Biological Predictors of Response to Antidepressants*

Helena Verdelli: *Prevention for Symptomatic Offspring of Bipolar Parents*

Christoph Wiedenmayer: *Fear Memory Formation in Early Life*

National Institute on Alcohol Abuse and Alcoholism

Deborah Hasin: *Reducing Unsafe Drinking in HIV Primary Care*

Sackler Institute

Myrna Weissman: *Three Generations at Risk for Depression: Genetic Studies*

Substance Abuse and Mental Health Services Admin.

Gail Wasserman: *New York State Youth Suicide Prevention*

Whitehall Foundation, Inc.

Jay Gingrich: *Neural Substrates of 5-Ht2A Receptor-Medicated Hallucinogenesis*

Cyberonics

Sarah Lisanby: *Randomized comparison of outcomes in patients with treatment-resistant depression who receive VNS therapy administered at different amounts of electrical charge*

Treatment Resistant Depression Registry Impact of vagus nerve stimulation (VNS) on intracortical inhibition in treatment resistant depression

Eli Lilly

Mark Olfson: *Economic Consequences of Relapse in Schizophrenia, Treatment of Schizophrenia with long acting Fluphenazine, Halperidol or Risperidone*

Glaxo SmithKline

Devangere Devanand: *In Vivo PET Imaging of Mild Cognitive Impairment, Early Alzheimer's Disease, Other Dementias and Healthy Elderly with 11C-6-OH-BTA-1 and 18F FDG*



Francine Cournos

After serving in important administrative roles for the past three years, first as the Interim Director and subsequently as Deputy Director of NYSPI and Vice Chair of the Department for NYSPI, Dr. Francine Cournos has stepped down from her current role to focus on pursuing her research interests. Dr. Cournos was invited to become the Principal Investigator of a large AIDS Education and Training grant funded by the Health Resources and Services Administration (HRSA), for which Dr. Allan Rosenfield, Dean of the School of Public Health, was previously the PI. In addition to assuming the leadership of this grant and a senior position in our HIV Center working with Dr. Anke Ehrhardt, Dr. Cournos returned to the Washington Heights Community Service (WHCS) as director on October 1. In this capacity she oversees administration, education and research in the WHCS while Dr. Pelligrino Sarti retains his role as Medical Director. "I would like to express my enormous gratitude to Fran for the outstanding service and leadership that she has provided to NYSPI and the Department while serving in these administrative roles. I wish her all the best in her new and renewed endeavors and look forward to continuing to work with her," said Institute Director and Department Chair Dr. Jeffrey Lieberman.



Frederic Kass

Dr. Frederic Kass has replaced Dr. Francine Cournos as Deputy Director for the Institute. He will continue to oversee the clinical services of the medical center and the hospital in his role as Executive Vice Chair. As Deputy Director, Dr. Kass will oversee the clinical operations of the Institute. Reporting to him for these respective services will be Dr. Stephanie LeMelle (Clinical Director, NYSPI), Dr. Ellen Stevenson (Medical Director, NYPH Psychiatry Services) and Dr. David Kahn (Medical Director, CUMC Psychiatry Services). Dr. Kass will also assist Dr. Lieberman by: 1) participating in matters of department policy and strategic planning; 2) assisting with personnel activities and recruitment; and 3) representing him at various meetings and functions when he is unable to be present. Dr. Kass's extensive administrative experience and his clinical expertise will enable him to make a tremendous contribution in this new role. He will continue to work closely with Dr. Cournos over the next few months in order to achieve a seamless transition.



John Mann

Dr. John Mann has been appointed Vice Chair and Director of Research. In this capacity his responsibilities will include: 1) assisting Institute Director and Department Chairman Dr. Lieberman with strategic planning and oversight for research; 2) co-chairing with him the Research Advisory Committee for the department; 3) working with the other vice-chairs to represent research interests in areas of clinical services, education and training, and resource allocation; 4) maintaining oversight and development of core research services and facilities. Dr. Mann will continue as Director of the Division of Neuroscience and maintain his research program. However, to enable him to assume broader institution-wide responsibilities, the division of neuroscience will be restructured and downsized in a carefully planned and scientifically driven way, moving selected faculty and laboratories to other programs. Dr. Mann's broad expertise and extensive experience in psychiatric neuroscience and research, and his record in research funding will enable him to make valuable contributions to our department and NYSPI in this new role.

New Recruits (continued from page 2)

"Child/Adolescent Anxiety Multimodal Treatment Study" which is a comparative research treatment trial of medication and cognitive behavior therapy for children with anxiety disorders. "I am very excited to have joined such an active and successful Child and Adolescent Psychiatry Division at NYSPI/Columbia University, which has an outstanding faculty," said Dr Rynn, who has been working with the staff at the CDU and CAPES to expand the type of research and recruitment performed by these services.

Katherine Shear

Noted grief researcher Dr. Katherine Shear joined the department on January 1, 2006 as Director of Bereavement and Grief Research and Training Program. Prior to joining the department, she was Director of the Bereavement and Grief Program at Western Psychiatric Institute and Clinic in Pittsburgh. Dr. Shear's contribution to the field of psychiatric research has been in treatment research for mood and anxiety disorders as well as complicated grief. This work includes treatment development, efficacy and effectiveness studies conducted over more than 20 years. She and colleagues at Pittsburgh conducted the first randomized controlled treatment study of complicated grief, showing efficacy of a targeted psychosocial treatment, based on an attachment model. She has been especially interested in psychosocial treatments, and has studied cognitive behavioral therapy, interpersonal therapy, psychodynamic psychotherapy, and Rogerian reflective listening. In her new role, Dr. Shear continues to work on treatment research and to develop training models in psychotherapeutics.

Dr. Shear earned a BS in Biology from the University of Chicago and attended medical school at Tufts University. She completed her residency in medicine as well as a fellowship in infectious diseases at Mount Sinai Hospital. Her residency in psychiatry was completed at Payne Whitney Clinic and she fulfilled a psychosomatic fellowship at Albert Einstein College of Medicine.

Researcher News

(continued from page 3)

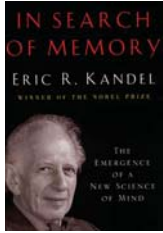
12 percent of the children of women whose depression remained showed improvement. On the heels of this study's findings came the results from a 20-year study showing that children of depressed parents are at higher-risk for psychiatric and medical problems. In fact, the 20-year study, said Dr. Weissman, provided the rationale for the work in JAMA, which was carried out to see whether anything could be done to reverse the serious effects of parental depression on offspring. "Offspring of Depressed Parents: 20 Years Later" was reported in the June issue of the American Journal of Psychiatry.

CARING At Columbia

(continued from page 5)

For these particular students the goal would be to "help them deal with the expected pressures of relocating and integrating into a new setting and learn to identify resources and people who can be helpful to them, which is what we do here [in New York]" said Snow. "Kids who are shut down don't know where to begin. People who are trained creative art therapists are able to get them started in a way that's not intrusive or too fast-paced," she added.

The success of this new collaboration between CARING at Columbia and schools in Seoul is evident in the enthusiastic response from the teachers who participated in the two-week training and the requests from Korea's sponsor—SK Telecom—for Ms. Snow's return once a year to follow up with her trainees. A large wireless provider in Asia, SK Telecom is involved in a range of social welfare programs and supports a number of non-profit initiatives.



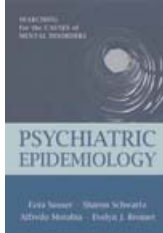
In Search of Memory: Emergence of a New Science of Mind (2006)

Author: Eric Kandel

Eric Kandel, the first American psychiatrist to be awarded the Nobel Prize, recounts the emergence of the new biology of mind in the context of his career and a meaningful life in his book *In Search of Memory*.

The title of his book is most fitting as it alludes not only to his recall of seminal events both intellectual and political that shaped his career, but also to his groundbreaking research that began with the humble *Aplysia* (sea slug).

A New York Times review of Kandel's book, *In Search of Memory*, called it an "important and marvelous book." According to the review, "If there is another book that does a better job of demonstrating how biological research is done or of telling the story of a brilliant scientist's career, I don't know it."



Psychiatric Epidemiology: Searching for the Causes of Mental Disorders (2006)

Authors: Ezra Susser, Sharon Schwartz, Alfredo Morabia, Evelyn Bromet

This is the first authored textbook on psychiatric epidemiology in more than 30 years. Starting out by tracing the brief history of psychiatric epidemiology, the book describes the study of risk factors as causes

of mental disorders. It is an invaluable resource for anyone trying to track these causes, whether they be clinical researchers, public health practitioners, or psychiatric epidemiologists-in-training.

9/11: Mental Health in the Wake of Terrorist Attacks (2006)

Editors: Yuval Neria, Raz Gross, Randall Marshall and Ezra Susser

The attacks on the World Trade Center left many grappling with its psychological impact. While some New Yorkers showed resilience, others suffered from enduring mental health problems. In the most comprehensive work published to date focusing on the aftermath of the 9/11 attacks, *9/11: Mental Health in the Wake of Terrorist Attacks*, compiles reports from numerous experts on the subject of trauma and examines the response to the 9/11 attacks.

Other Books to Add to Your Reading List:

- *Blind Faith (2006)*, Richard Sloan
- *DSM-IV-TR Casebook, Volume 2 (2006)*, Robert Spitzer, Michael First, Janet Williams and Miriam Gibbon
- *Psychological Effects of Catastrophic Disasters: Group Approaches to Treatment (2006)*, Gary Burlingame, Henry Spitz, Leon Schein, Philip Muskin
- *Toward a New Diagnostic System for Child Psychopathology: Moving Beyond the DSM (2006)*, Peter S. Jensen, Penny Knapp, David A. Mrazek
- *Endings and Beginnings (2005)*, Herbert Schlesinger
- *If Your Child Has An Eating Disorder. An Essential Resource for Parents (2005)* B. Timothy Walsh, VL Cameron
- *Introduction to Supportive Psychotherapy (2004)*, Arnold Winston, Richard N. Rosenthal, Henry Pinsky
- *Psychosocial Treatments For Child And Adolescent Disorders: Empirically Based Strategies For Clinical Practice, Second Edition (2004)*, Euthymia D. Hibbs, Peter S. Jensen
- *Making the System Work for Your Child with ADHD (2004)*, Peter S. Jensen

InPsych Editorial Offices: 1051 Riverside Drive New York, NY 10032

Dacia Morris, Public Information Officer (212) 543-5421 | **Laurie Flynn**, Director of External Relations (212) 543-5799

www.columbiapsychiatry.org

InPsych

The New York State
Psychiatric Institute
1051 Riverside Drive
New York, NY 10032