

Department of Psychiatry and Behavioral Sciences

Volume 1, Issue 4
December 6, 2013

Special Announcements

Volunteer Faculty Appointments:

Sarah Van Deusen Phillips, Ph.D.—Lecturer

Anne Kubal, Ph.D., Insight Behavioral Health Centers—Health System Clinician

Clinical News

Northwestern Medical Group (NMG) Clinic went live with an expanded platform for *MyChart* this month. *MyChart* is an online tool that allows patients to view their allergies, immunizations, vital signs, after visit summaries, lab results, and upcoming appointments. Patients can also request refills on their medications, request an appointment, and send a message to their physician. *MyChart* will allow patients more control over their medical care, as well as provide for easier communication between patients and providers.

Stone Mental Health Center (SMHC) was honored at the NU versus Michigan Football Game on Saturday, November 16th. There was a gift from Dean Harrison of 50 game and tailgate passes to staff for working through the construction noise last year.



NU versus Michigan Football Game

Marion Malcome, LCSW, team leader of ICM, along with former team member, **Brit Holmberg, LCSW**, presented two podium presentations at the State SW Conference in November. The topics were, "Becoming an Anti-Racist Social Worker" and "Intensive Case Management: A Novel Approach to Recidivism and Recovery."

Richard Ray RN-BC, MS, one of the Primary Nurse Coordinators on Galter 13, presented his work on "The Evolution of Practice Changes in the Use of Special Observations: moving from observations to engagement" at McLean Hospital in Boston in October.

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Publications

Clark, Crystal T, M.D., had her article "Lamotrigine Dosing for Pregnant Patients With Bipolar Disorder" published in the November 1st issue of *American Journal Psychiatry*. Please [click here](#) for the article.

Smith, Matthew, Ph.D., had the manuscript "Cannabis-related working memory deficits and associated subcortical morphological differences in healthy individuals and schizophrenia subjects" accepted for publication at the journal *Schizophrenia Bulletin*.

Wisner, Katherine, M.D., Sit DKY, Reynolds SK, Bogen DL, Sunder KR, Altemus M, Misra D, Perel JM. "Mental health and behavioral disorders in pregnancy." In: Gabbe SG, Niebyl JR, Simpson JL, Galan H, Goetzl L, Jauniaux ERM, Landon M, editors. 2008. *Obstetrics: Normal and Problem Pregnancies, 6th edition*. Burlington: Academic Press 175-199.

Wisner, Katherine, M.D., Lara-Cinisomo S, Pinheiro E, Luther J. "Characteristics of Hispanic women screened for postpartum depression." In: Lara-Cinisomo S, Wisner KL, editors. 2013. *Perinatal depression among Spanish-Speaking Women: A Global perspective on prevalence, treatment, and outcomes*. New York City: Springer

Other News

Please join us in congratulating and thanking **Gene Griffin, JD, Ph.D.**, who retired from Northwestern on November 30th. Gene was a faculty member in Psychiatry & Behavioral Sciences and the Mental Health Services & Policy Program (MHSP) since 1997. During his 16 years with us, Gene led or participated in every major research project conducted by MHSP. Gene's strong relationships with community partners, providers, and other partners and his easygoing style were pivotal contributors to his and MHSP's success.

Evelyn Perkins received the St. Xavier University STTI Alpha Omicron Award for Excellence in Nursing Leadership.

Sigita Plioplys, M.D., was appointed to serve as Chair of the Non-Epileptic Seizure Task Force of the American Epilepsy Society's Practice Management Committee.

Perinatal Mental Health Conference Update

By Lisette Rodriguez-Cabezas

PGY2 Psychiatry Resident, Department of Psychiatry and Behavioral Sciences, Northwestern University.

The 1st Perinatal Mental Health Conference, in Chicago, IL, was a gathering of some of the most accomplished minds in maternal mental health. Regardless of the topic, one thing was certain- everyone in attendance was committed to discussing ways to provide the best care for every woman during the perinatal period.

The workshop "If You Build It, They Will Come: Constructing a Perinatal Psychiatry Curriculum," included presentations from current women's mental health programs across the country that currently offer fellowships or specialty training with a focus in perinatal health. Additionally, a challenging clinical case was offered as a way to identify the special needs of women during childbearing in order to design a training curriculum. Finally, a lively discussion ensued on the potential future directions of designing a curriculum to help better train future perinatal mental health specialists.

In addition to maternal health, there was also a spotlight on the outcomes of infants of women with mental health concerns. There were several very interesting presentations about the effects of mental illness and treatment on the fetus and developing child. One such presentation highlighted the differences between and identification of minor and major malformations. This presentation explained how we can use these malformations to understand when the insult occurred and how it relates to the developing fetal brain. Did you know that hair whorls can tell us about a baby's brain development? What a fascinating concept! Another presentation discussed how we can creatively measure the effects of stress and anxiety on the developing fetus and infant- which is no easy task with a non-verbal patient.

Another focus of the conference was on treatment and prevention of psychosis in pregnant and post-partum women. This raised a very interesting discussion on standard of care for such patients in the US versus Europe. In addition to psychotropic treatments, the conference highlighted therapeutic interventions including newly proposed web-based CBT and phone-based therapy techniques for those patients who are tech savvy or who have limited access to care.

Another interesting topic covered during the conference was substance abuse disorders in pregnancy and how to treat them. This paired nicely with a presentation and discussion of ethical and legal issues in treating pregnant women, which is an inevitable issue that every health care provider needs to consider when treating women of childbearing age.