Matters of the Mind
Newsletter
Department of Psychiatry and Behavioral Sciences

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Announcements

Meredyth Evans, PhD – Assistant Professor: Dr. Evans is starting her position in the Diabetes Program in the Division of Endocrinology at Lurie Children’s Hospital, providing psychological services for their patients throughout Chicago and the suburbs including the clinic at the Department of Child and Adolescent Psychiatry. She will also continue her research in developing a health screening instrument for use with children and adolescents with diabetes. She will be involved in education and training in the psychological aspects of pediatric diabetes for fellowships in endocrinology, medical students, and interns in pediatric psychology, in addition to fellows in child and adolescent psychiatry.

Rachel, Jacobs, PhD – Adjunct Assistant Professor: Dr. Jacobs is currently a Research Assistant Professor at the Cognitive Neuroscience Center at the University of Illinois-Chicago in the Departments of Psychiatry, Pediatrics, and the Institute for Juvenile Research. Dr. Jacobs will be providing course instruction for the 30-hour advanced elective course on Child and Adolescent Psychotherapy in the PhD Clinical Psychology Program. She will also provide mentorship and training to students in the program and the Department.

Linda Lesondak, PhD – Research Assistant Professor: Dr. Lesondak has been working with Dr. Doreen Salina on her research projects, and will continue to work in research and development, overseeing a diverse portfolio of community planning, strategic planning, and project management. In addition, she will serve as a PI and Co-PI for new research grants with Dr. Doreen Salina.

Education

Sara Hoffman, a clinical Psychology PhD student, was recently selected as a Student Auditor/mHealth Scholar for the mHealth Training Institute and will be one of 5 students at the institute in August. Her mentor, Bonnie Spring, is also teaching at the institute: https://mhealth.md2k.org/mhealth-training-institute

PGY1 Anita Rao was chosen from a very competitive field as the APA Area IV Resident Representative, which is a 2 year term.

PGY3 Chandan Khandai was given the William Sorum Assembly RFM Award by Area IV of the APA, for his work with Illinois Psychiatric Society and APA.

Alex Regenbogen Hedberg at the APA Annual Meeting in San Diego
Inger Burnett-Zeigler, PhD presented Seeking equity in mental health treatment for underserved populations, at Chapin Hall at the University of Chicago, March 21, 2017.

Inger Burnett-Zeigler, PhD presented Expanding the Scope of Mindfulness: Examining the acceptability, feasibility and effectiveness of a mindfulness intervention for depressed women in a Federally Qualified Health Center at Grand Rounds, Osher Center for Integrative Medicine, Northwestern Medicine, April 2017.


Sheehan Fisher, PhD presented Depresión Postparto Materna y Paterna (Maternal and Paternal Postpartum Depression) at the University of Havana, Havana, Cuba, April 2017.

Illinois chapter of the American Psychiatric Nurses Association held their annual meeting at NMH on April 7th, “Psychiatric Nursing: Meeting Today’s Crisis Head On” with over 220 psychiatric nurses in attendance. Board members and planning committee include Maureen Slade, Pat Roberts, Evelyn Perkins, Richard Ray, Lita Sabonis, and Tony Amberg (current President). Evelyn Perkins presented “Effects of Violence on the Brain” at the conference.


Kathy Zebracki, PhD presented 4 instructional courses at the Howard H. Steel Pediatric Precourse of the 2017 Annual Scientific Meeting of the American Spinal Injury Association, Albuquerque, NM in April.

1. The NINDS pediatric SCI CDEs for psychosocial and quality of life outcome instruments: Implications for research and practice.
Presentations and Conferences, continued

2. Relevance of the International Spinal Cord Injury Basic Data Sets to children and youth: An inter-professional review with recommendation.
3. Perspectives from both sides of the transition from pediatric to adult care for individuals with spinal cord injury.
4. Caregiving across the lifespan of pediatric spinal cord injury.

Publications


**Book chapter**

Grants/ Awards

Firearm Involvement in Delinquent Youth and Collateral Consequences in Young Adulthood: A Prospective Longitudinal Study (2016-R2-CS0039). Office of Justice Program (OJP), US Department of Justice ($425,000)

News/ Media

Kathy Zebracki, PhD was elected to the Board of Directors of the American Spinal Injury Association.

Evan Goulding, MD, PhD and Cynthia Dopke, PhD have recently begun enrolling participants for an NIMH-funded study: LiveWell, A Mobile Intervention for Bipolar Disorder.

LiveWell is a single blind randomized controlled study evaluating a smartphone intervention for bipolar disorder. The intervention aims to help individuals learn and use self-management strategies, including improved communication with their providers, to reduce mood episode recurrence.

Participants will be asked to carry a smartphone with them whenever they leave home and wear a smartwatch every day. Participants may also be asked to complete a daily check-in and receive interactive lessons to help learn self-management techniques for bipolar disorder. Participants who participate in evaluations and other aspects of the study will receive compensation for their time and effort. Eligible participants will be involved in the study for 12 months.

The eligibility criteria are:

- Bipolar 1 disorder
- Not in a current episode
- Minimum of 1 acute episode in the last 2 years
- Currently working with a psychiatrist
- 18-65 years of age

If any of your patients might be interested in participating, please have them call 312-503-9095 or email LiveWell@Northwestern.edu or visit https://livewell.northwestern.edu. If you have any questions about this study or would like materials for your patients, please call or email the study team.

Cassandra Kisiel, PhD and Tracy Fehrenbach, PhD and the team at the Center for Child Trauma Assessment, Services and Interventions (CCTASI) at Northwestern University are excited to announce the official launch of our short film entitled "Remembering Trauma: Connecting the Dots Between Complex Trauma and Misdiagnosis in Youth" and the accompanying public awareness campaign on complex trauma.

This 16-minute film was developed in collaboration with partners from the National Child Traumatic Stress Network (NCTSN). It highlights the story of a traumatized youth from early childhood to older adolescence, illustrating his trauma
Other News, continued

reactions and interactions with various providers across service settings. This product was created in order to highlight the critical importance of using a trauma lens in our work within child-serving systems and the potentially detrimental impact of not incorporating a trauma framework. We believe this resource can serve as a powerful educational and awareness raising tool.

Access to this film and support materials can be found on our public awareness website at www.rememberingtrauma.org. Within this site, viewers can access the following resources and support materials:

- The full 16-minute film
- The film trailer
- Background on the film and creators
- Relevant statistics and infographic on childhood trauma
- Links to additional NCTSN trauma resources and support
- Screening tools including facilitators guide and discussion questions for different provider roles

OPTI-MOM continues to enroll!
Optimizing Medication Management for Mothers with Depression (or OPTI-MOM) is an NICHD-funded study with a goal of providing women and their clinicians a roadmap for the optimal treatment of women who are taking SSRIs in pregnancy.

Why do this study?
Depression is common in pregnancy with 14.5% of pregnant women experiencing an episode of either major or minor depression. 1 of 7 postpartum women experience a new episode during the first 3 months after birth and 21.9% over the first year. The symptoms of major depressive disorder also cause physiological dysregulation. This dysregulation can include appetite and nutritional effects including excessive weight gain, cognitive changes which can affect prenatal care compliance, alcohol, drug use, or smoking behaviors. Depression is also linked to loss of interpersonal and financial resources and the capacity for maternal attachment behaviors. All of these effects of depression can be devastating to both mother and child. There is no zero risk option for these women, but we aim to empower these women and their clinical care teams to make this choice knowledgeably.

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If you would like to submit an item or photo to the newsletter, please email Rachel Rodriguez at rrodrig3@nm.org for information.