

The Inward Eye

March
2025

Mission
Updates

Department
Spotlights

Patient-Reported
Outcomes
Launched System-
Wide

Addiction
Psychiatry Progress

Distinguished
Honors

Table of Contents

→	Staffing Updates
→	Staff Spotlight
→	Education Mission
→	Clinical Mission
→	Research Mission
→	Department Spotlight
→	Grants & Publications
→	Contact

New Faculty and Staff

Cyril Appiagyei, MD

ED Psychiatrist



Jason Onugha, MD

ED Psychiatrist



Esther Yoon, PhD, MPH

Clinical Psychologist



Madeleine Winter, LCSW

Licensed Clinical Social Worker



LaKeisha Carroll, LPN

Licensed Practical Nurse



Courtney McNeil

Patient Liaison



Beth Bryngelson

Executive Assistant



Departing Faculty and Staff

Inger Burnett-Zeigler, PhD

Clinical Psychologist

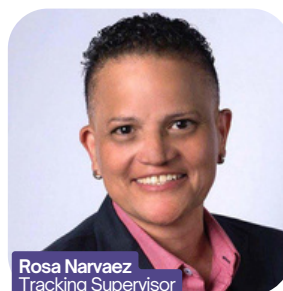


Staff Spotlight

Each edition, we'll highlight a staff member in our newsletter! If you're interested in being featured, please reach out to pbsweb@northwestern.edu



Elijah Horton
Education Coordinator



Rosa Narvaez
Tracking Supervisor

What is your title?

Elijah: I'm the Education Coordinator for the department, working directly with the Forensic and Geriatric Fellowships while also supporting the residency program.

Rosa: I'm a tracking supervisor, I oversee the process of locating and maintaining contact with study participants.

How do you define your role and your primary responsibilities?

Elijah: As Education Coordinator for the Department of Psychiatry, I oversee curriculum development, training sessions, and administrative support for faculty, residents, and fellows. My goal is to ensure effective educational programs that contribute to the department's growth and success.

Rosa: I help retain participants for the Northwestern Juvenile Project by maintaining communication through phone, email, and home visits. Our participants were initially interviewed as teenagers in juvenile detention between 1995 and 1998, and we've been re-locating and re-interviewing them ever since.

What do you like most about your role here at Northwestern?

Elijah: I enjoy working with the residents and fellows. I get a chance to learn a bit about the programs, what the residents/fellows do on a somewhat micro and macro level, and how it varies from year to year.

Rosa: I love the face-to-face contact with people, and the valued and trusted relationships I form with them.

What motivates you in your work?

Elijah: I'm motivated by the opportunity to make a positive impact, helping individuals grow personally and professionally. I believe education is a powerful tool for transformation, and the evolving field of psychiatry keeps me engaged. Collaborating with our team and seeing the students and faculty succeed gives me a sense of fulfillment and purpose.

Rosa: I am motivated by challenging myself to be able to find our participants and build trust, therefore retaining our sample.

Can you share something personal about yourself (e.g., hobbies, interests, a fun fact)?

Elijah: I enjoy DJing and collecting records. I am the resident DJ for the South Loop Farmers Market. On occasion I DJ at local lounges/bars in the city. Outside of that, I'm a very boring person!

Rosa: I like to take day trips with my dog to places I can drive to and that I've never been to before.

Is there anything else you'd like to share with readers?

Elijah: I quite literally have the best boss ever!

Rosa: I'm a people person, and working in our research program allows me to build meaningful relationships with participants, colleagues, and the community. I value the connections I make and the opportunity to support our research efforts through strong, ongoing engagement.

Education Mission

Advancing Addiction Care at Northwestern

Since its April 2024 launch, the Addiction Consult Service at Northwestern Memorial Hospital, led by Dr. Brent Schnipke, has provided critical inpatient support while fostering clinical and educational opportunities.

Brent Schnipke, MD, also developed a medical student elective in addiction medicine and was awarded the Augusta Webster Accelerating Education Grant in 2024 to further these efforts.

“The Addiction Consult Service has been an excellent clinical and educational opportunity for the hospital,” said Dr. Schnipke. **“We provide consults for managing substance use disorders, allowing us to make a real difference for some of the most vulnerable patients in our hospital.”**

The multidisciplinary team provides withdrawal management, addiction treatment initiation, and long-term care referrals.

“I love helping those who struggle to access care, but teaching is my true passion,” said Dr. Schnipke. **“I want our students and residents to graduate confident in managing addiction treatment.”**

New Case Reports & the Impact of the Addiction Consult Service

Our faculty and trainees continue to make meaningful contributions to addiction psychiatry through both research and clinical care.

Published Case Reports

Dr. Cecilia N. Hollenhorst (PGY3) co-authored a newly published case report:

- "Recognizing Withdrawal from Psychoactive Substances Purchased Online"
- Cecilia N. Hollenhorst, Brent Schnipke – Journal of the Academy of Consultation-Liaison Psychiatry, 2025

Additionally, **Drs. Brent Schnipke, Gayane Archer, Veronika Hanko, and Brandon Hamm** collaborated on another case study:

“Managing Dual Dependencies: A Case Study of Concurrent Low-dose Buprenorphine Induction and Rapid Phenobarbital Taper.” Schnipke, Brent; Archer, Gayane; Hanko, Veronika; Hamm, Brandon – Journal of Psychoactive Drugs, 2025



Congratulations to Our PGY3s on a Successful CAP Match!

Join us in celebrating our PGY3s who are fast-tracking to Child and Adolescent Psychiatry!

- Cecilia Hollenhorst & Kakra Boye-Doe – Staying at Lurie Children’s
- Jordan Vajda – Matching at Seattle Children’s
- Fadi Hamati – Heading to Cornell-Columbia NYP



Cecilia Hollenhorst, MD



Kakra Boye-Doe, MD



Jordan Vajda, MD

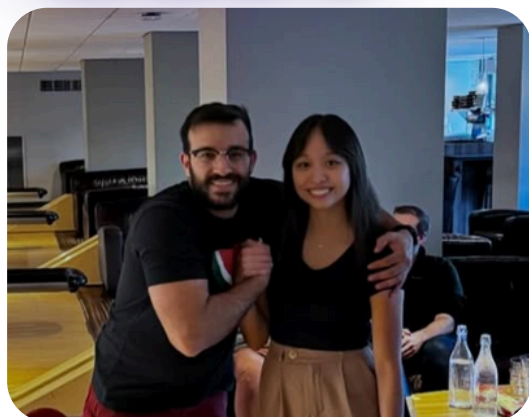


Fadi Hamati, MD

[Check out this article I wrote!](#)

ALL CLASS DAY

Our residents took a well-deserved break from studies and rotations to enjoy some fun at All Class Day. Bowling and team bonding made for a great time together outside the hospital.



NORTHWESTERN PSYCHIATRY CLASS OF 2029



Kathryn Abbott
Rutgers University



Orion Rushin
University of Louisville



Capri Alex
University of Chicago



Manisha Singam
University of Illinois Chicago



Taylor Burchfield
Northwestern



Claudia Roldan Rivera
Northwestern



Dylan Dues
Michigan State University



Gerrica Alexander
University of Illinois Chicago



Jazmin Aceves
Brown University



Elaina Wilkens
Loyola University

NORTHWESTERN PSYCHIATRY

2025 FELLOWS



Nadia Sion
Addiction Psychiatry



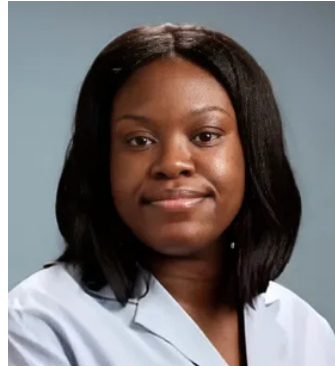
Erick Gadaleta
Consultation-Liaison Psychiatry



Darren Miller II
Geriatric Psychiatry



Tiffany Chang
Forensic Psychiatry



Michelle Famakinwa
Forensic Psychiatry

Clinical Mission



Patient Reported Outcomes Workflow Enhancements

We're pleased to announce that the Patient-Reported Outcomes (PRO) system was launched in March 2025 as a collaboration between all behavioral health departments across all systems.

PROs give patients a voice in their care by standardizing how symptoms, progress, and challenges are shared—enabling more personalized, effective treatment. For our department and physicians, PROs enhance clinical responsiveness, streamline data collection, and support data-driven decision-making, ultimately improving both patient outcomes and provider efficiency.

Key Benefits

- Improves Patient Engagement
- Enhances Clinical Efficiency
- Supports Data-Driven Care
- Streamlines Workflow

What Patients Can Expect

- Brief surveys before or during appointments
- More personalized care based on responses
- Improved communication with providers
- Support tracking recovery over time

How the Workflow Operates



Collecting Patient-Reported Outcome Measures (PROMs) is a powerful way to improve care in our department. By tracking patients' own reports of their symptoms, progress, and challenges—by utilizing tools such as WHO DAS, PHQ-9, GAD-7 and ASRS to name a few—we can better tailor treatment, catch issues early, and make more informed clinical decisions. PROMs support a more patient-centered, data-driven approach that helps us deliver higher quality, more responsive psychiatric care.

The aggregate data will create research opportunities by revealing patterns across populations, informing quality improvement efforts, and guiding evidence-based innovations in mental health care.

Research Mission

Media and Presentations

PhD Candidate **María José Luna** presented her research on “Intergenerational Patterns of Substance Use: A Prospective Study of High-Risk Families” at the **2024 Addiction Health Services Research Conference** in San Francisco, discussing intergenerational patterns of substance use in high-risk families.

Inger Burnett-Zeigler, PhD participated as a panelist at the National Academies of Medicine meeting on October 23rd, 2024 which addressed how to examine critical mental health issues across the reproductive life cycle.

[Inger - National Academies](#)



[Click the link to watch the panel and learn more about this research.](#)

[Maria - AHSR Conference 2024](#)



[Click the link to learn more about the annual Addiction Health Services Research Conference.](#)

“Just Because It's Common, Doesn't Mean It's Simple: Complex Topics in Bullying and School Policy”

Khushbu Shah, MD, MPH led a discussion on bullying and school policy at the **2024 American Association for Child & Adolescent Psychiatry Annual Meeting** in Seattle.



[AACAP 2024](#)



[Click the link to read the abstract and learn more about this research.](#)

Linda A. Teplin delivered multiple invited talks, including:

- The Harold Visotsky, MD Memorial Lecture at Northwestern on incarceration’s impact on health.
- A Joyce Foundation webinar on gun violence’s effects on children and teens.
- A Health Equity and Implementation Science Seminar at the University of Chicago.



New Grants and Funding

- **Kelsey Howard** received funding from the American Diabetes Association to study the impact of diabetes camps.
- **Brent Rappaport** and Northwestern faculty secured NIMH funding for a computational study on ambiguity aversion in internalizing disorders.
- **Allison Lin**, with co-investigators from Northwestern, is leading a NIDA-funded project on harm reduction in rural clinics.

Recent Publications

- **Mina K. Dulcan, MD’s** Textbook of Child and Adolescent Psychiatry is now available in Spanish.
- Studies on diabetes technology, insulin-only bionic pancreas, and family-based interventions for Type 1 Diabetes were published in major journals.
- Research on Turner Syndrome, Alzheimer’s disease, and early childhood education equity continues to shape the field.

Research Mission

Upcoming Media, Conferences, and Presentations

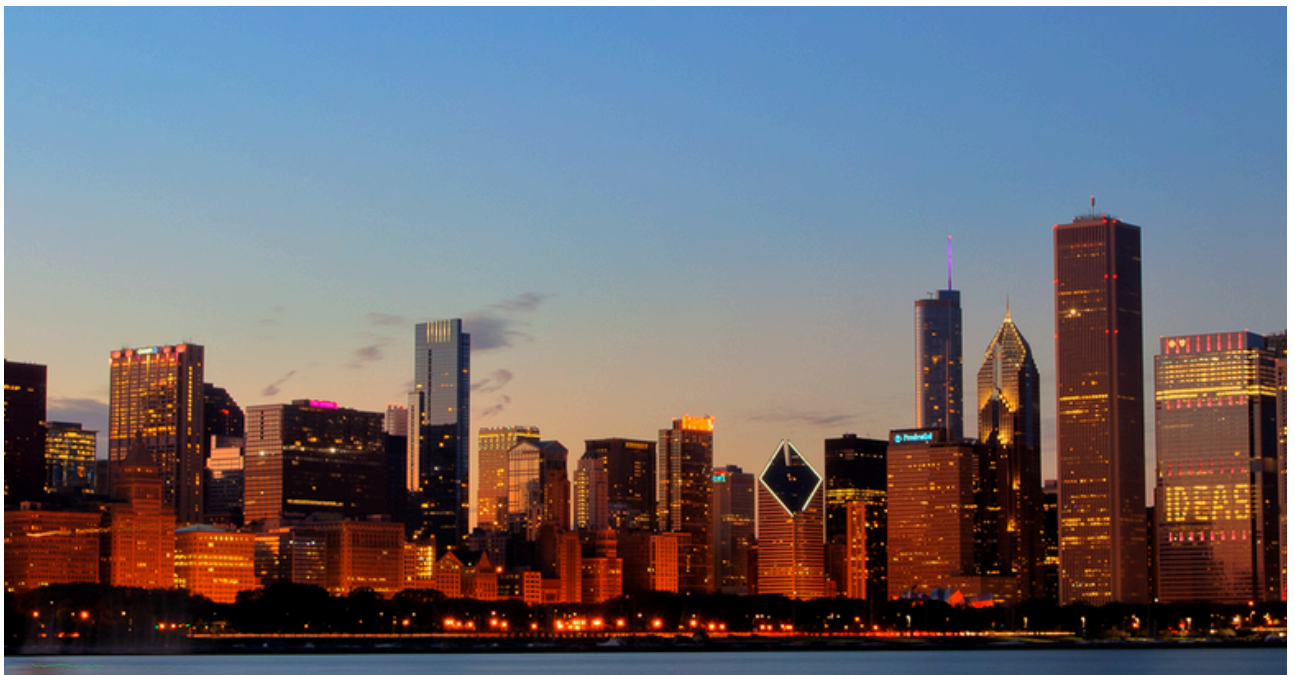
2025 Consortium Satellite Meeting



The 2025 Consortium Satellite Meeting is an interdisciplinary event bringing together scholars in psychiatry, psychology, and linguistics. The focus is on advancing the theoretical and empirical investigation of thought, language, and communication disturbances in psychosis.

Organized by:

The Department of Psychology, and the Department of Communication Sciences and Disorders, in conjunction with The Adolescent Development and Preventive Treatment Program, The Department of Cognitive Neuroscience, and Northwestern University. Chicago, Illinois, USA.



APRIL 3RD, 2025

Venue:
**BALDWIN AUDITORIUM
LURIE MEDICAL RESEARCH CENTER
LURIE 1-123**

Address:
**303 E SUPERIOR ST
CHICAGO, IL, 60611**

JOIN ALL SEMINAR DATES VIA ZOOM:
[HTTPS://NORTHWELLHEALTH.ZOOM.US/J/
6317863737](https://northwellhealth.zoom.us/j/6317863737)

Department Spotlight



Congratulations to Dr. Jill Weissberg-Benchell!

Dr. Jill Weissberg-Benchell was recently awarded the Lois Jovanovic Transformative Woman in Diabetes Award. This award recognizes a female professional in the diabetes field who has made outstanding contributions to diabetes research, clinical practice, diabetes education, public health, and/or other related disciplines. Dr. Weissberg-Benchell is the first psychologist to receive this award.

Please join us in celebrating Dr. Weissberg-Benchell's incredible achievement and her continued commitment to improving the lives of individuals with diabetes!

2025 Distinguished Service Award

We are delighted to share that Vice Chair for Education **Cara Angelotta, MD**, has been awarded the 2025 Distinguished Service Award by McGaw Medical Center.

This award recognizes outstanding dedication to medical education, mentorship, and service within the McGaw Graduate Medical Education community.

Dr. Angelotta's commitment to excellence in education and patient care has made a lasting impact, and this award is a well-earned recognition of her contributions.



Dr. Burnett-Zeigler Named Chief Behavioral Health Officer for the State of Illinois

Dr. Inger Burnett-Zeigler will be transitioning out of her full-time faculty role in the Department to take on an exciting new opportunity as the Chief Behavioral Health Officer for the State of Illinois. In this role, she will oversee, integrate, and align behavioral health services across state agencies.

As a faculty member, Inger was actively engaged in clinical service, education, and research. She led the M-Body Lab, which focused on developing, testing, and implementing culturally tailored interventions in community-based settings. Her work was supported by NIH, CFAR, and multiple foundation grants.



She looks forward to bringing her clinical and research expertise to her new role while continuing collaborations with Northwestern faculty.

Recent Grants and Funding

PI: Hao Li | Agency: Whitefall Foundation
Project Period: Feb 2025 – Jan 2028

PI: Kelsey Howard | Co-Is: Jenna Shapiro, PhD; Jill Weissberg-Benchell, PhD
Agency: American Diabetes Association
Title: Evaluating the Impact of Diabetes Camp: A Multi-Pronged, Mixed-Method Study
Project Period: Dec 2024 – Nov 2027

PI: Brent Rappaport, PhD | Agency: NIMH
Title: Computational Modeling of Ambiguity Aversion in Internalizing Disorders: Neural and Behavioral Markers, and a Test of Target Engagement
Faculty Involved: Stewart Shankman, Allison Letkiewicz, Jessica Schleider (Northwestern)
Project Period: 2025 – 2029

PI: Allison Lin (University of Michigan) | Co-Is: Sarah Helseth, Sara Becker
Agency: NIDA
Title: Coalition for Harm Reduction and Prevention (CHRP): Developing and Testing a Novel Hub and Spoke Model to Implement Prevention and Harm Reduction in Rural Clinics
Project Period: Sept 2024 – Sept 2026

Recent Publications

Dulcan's Textbook of Child and Adolescent Psychiatry, 3rd edition was published in Spanish. Click to read here.

- **Dulcan, M. K. (Ed.).** (2024). *Libro de texto de psiquiatría infantil y adolescente de Dulcan* (A. García de León, Trans.; 3rd ed.). Aula Médica.

Addala, A., Howard, K. R., Hosseinipour, Y., & Ekhlaspour, L. (2025). *Discordance Between Clinician and Person-With-Diabetes Perceptions Regarding Technology Barriers and Benefits.* **Journal of Diabetes Science and Technology**, 19(1), 18–26. <https://doi.org/10.1177/19322968241285045>

Garza, K. P., Howard, K. R., Feldman, M., & Weissberg-Benchell, J. (2025). *Adult's Lived Experience Using the Insulin-Only Bionic Pancreas.* **Journal of Diabetes Science and Technology**, 19(1), 11–17. <https://doi.org/10.1177/19322968241274364>

Papadakis, J. L., Suhs, M. C., O'Donnell, A., Harris, M. A., Anderson, L. M., Garza, K. P., Weil, L., & Weissberg-Benchell, J. (2024). *Focused on the Family: Development of a Family-Based Intervention Promoting the Transition to Adult Health Care for Adolescents with Type 1 Diabetes.* **Children (Basel, Switzerland)**, 11(11), 1304. <https://doi.org/10.3390/children11111304>

Rosen, J. N., Finlayson, C., Papadakis, J. L., Grabowski, J., Laronda, M. M., Rowell, E. E., Wadhvani, N., Weisman, A. G., & Johnson, E. K. (2024). *Turner Syndrome With Y Chromosome and Germ Cells: A Case Report Highlighting the Need to Prioritize Individualized Care.* **Urology**, 192, e100–e103. <https://doi.org/10.1016/j.urology.2024.05.020>

Scheinman, S. B., & Dong, H. (2024). *The impact of sex on memory during aging and Alzheimer's disease progression: Epigenetic mechanisms.* **Journal of Alzheimer's Disease: JAD**, 102(3), 562–576. <https://doi.org/10.1177/13872877241288709>

Zulauf-McCurdy, C. A., Johansson, M., Hashimoto, J. R., & Meza, R. D. (2024). *How Can Implementation Science Advance Behavioral Interventions in Preschool? A Scoping Review and Recommendations.* **Prevention Science: The Official Journal of the Society for Prevention Research**, 25(8), 1275–1283. <https://doi.org/10.1007/s11121-024-01742-2>

Zulauf-McCurdy, C. A., Nazaire, O. R., Powell, T., & Iruka, I. U. (2024). *Interrogating the Role of Anti-Blackness in the Early Care and Education Experiences of Black Children and Families: A Call for Advancing Equitable Science and Practice.* **Early Childhood Research Quarterly**, 69, S6–S14. <https://doi.org/10.1016/j.ecresq.2024.03.004>

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