

# THE INWARD EYE

*Northwestern University, Feinberg School of Medicine  
Department of Psychiatry and Behavioral Sciences*



● *The McKinlock Gate during this year's first snowfall*

George McKinlock, a wealthy utility executive, pledged \$250,000 to purchase nine acres for Northwestern's planned McKinlock Campus in downtown Chicago.

An ornate wrought-iron gate by artist Samuel Yellin was erected to mark the Lake Shore Drive entrance to the University's campus of professional schools, in Chicago's Streeterville neighborhood.

McKinlock pledged more than \$500,000 total to the University. By 1937 he had lost most of his fortune in the Great Depression. In a public agreement the University forgave the debt, cancelled his pledges and returned his contributions to the family.

The McKinlock Gate still stands on the Chicago campus at the corner of Lake Shore Drive and Huron Street.

## *In this Edition...*

New Medical Student Leadership

*Department Spotlight:* Northwestern Psychiatry in the Media and Highlighting our Licensed Clinical Social Workers

Education, Clinical, and Research Mission Updates

We encourage everyone's participation throughout this journey! Please submit any content ideas you may have to [alexander.white@northwestern.edu](mailto:alexander.white@northwestern.edu) to be considered for future releases!

## Mission Updates Education

### *New Medical Student Leadership Team*

**Michael Marcangelo, MD** has joined our medical education team from University of Chicago and starting in January will be the Director of Medical Student Education in Psychiatry. Taking over for **Stewart Shankman, MD** as Chief of the Division of Psychology will be **Jason Washburn, PhD** who will continue to build the Division's national prominence.



I am looking forward to getting to know the Northwestern students and community first and foremost. I am also looking forward to having an opportunity to teach about psychiatry in a way that engages the students and helps them to be effective physicians going forward when working with people with psychiatric disorders.

Through understanding comes respect and helping people with psychiatric conditions be treated with dignity is important to me. Developing new didactics, developing other psychiatric faculty as educators, and advising students interested in psychiatry about their careers are also things that I am looking forward to in my role here.



The Division of Psychology is undergoing some changes! Stewart Shankman, MD will be invested as the Dunbar Professor of Bipolar Disease, focusing his time on understanding the neurobehavioral processes of emotional disorders. Although I will stay on as Director of Graduate Studies for the MA and PhD programs in Clinical Psychology, Dr. Tina Boisseau will become the new Director of Clinical Training for the PhD Program.

To fill Dr. Boisseau's position on the Clinical Psychology Internship, Dr. Leiszle Lapping-Carr will take over as Training Director for the internship program. Finally, Dr. Maureen Daly is taking on the role of Associate Director of the MA and PhD programs, filling the void left by Dr. Olivia Harner, who is pursuing a fabulous opportunity in her hometown of San Diego.

### *Brittany Goldstein, MD, PGY3 resident, was the recipient of the inaugural Medical Education Department Housestaff Award*

The Housestaff Award is the new annual award for residents and fellows who have developed innovative curricula for trainees and students here at Feinberg. Brittany developed a capacity assessment workshop to teach medical students how to assess patients' ability to make medical decisions. She is now implementing the workshop to train all Feinberg students in this skill during the third-year psychiatry clerkship.



**Brittany Goldstein, MD**  
PGY3

### *Recruitment Season is Underway*

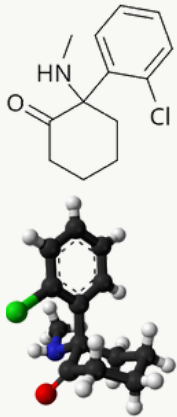
It was another busy recruitment season with over 1300 people applying for 9 residency slots. The Education team, led by Dr. Cara Angelotta and Mia Reed, has been busy with scheduling and coordinating interviews since the beginning of October.

"The number of applicants is really a testament to the strength of the program. Of the 1,300 applications we received, we identified 80 who we want to interview before offering 9 of them one of these coveted slots." said Mia.

Over the last 2 weeks of November, the education team have completed Addiction, CL, and Geriatric Fellowship interviews, each of which had only one available spot. After 26 interviews, selections have been made and matches will be announced in December and January.

Thank you to all of the faculty that are helping out with the recruitment process!

## Mission Updates Clinical



### *Ketamine Clinic*

We are opening a ketamine infusion clinic for treatment-resistant depression with an anticipated start date of February 2023. Ketamine has been shown to have rapid antidepressant effects as an NMDA antagonist. It has also been found to be effective in reducing suicidality in samples of TRD patients.

Ketamine is a robust and rapid-acting antidepressant. Intravenous ketamine infusion in treatment resistant depression may result in improved mood within 4 hours reaching the peak at 24 hours. A single dose of intravenous ketamine has been shown to result in a response rate greater than 60% as early as 4.5 hours after the dose and greater than 40% after 7 days.

Appointments will be two hours long. This includes the 40-minute infusion and then post-infusion monitoring. Initial treatments are twice a week before tapering to once every 3-4 weeks for maintenance. Infusions will take place in two of the exam rooms on the 11th floor.



### *4 Inpatient Teams Starting in January*

The Stone Inpatient Unit has 28 psychiatric beds and historically, has been run by three teaching teams composed of three residents, two students and one attending. Each team managed eight patients with residents following six cases, and two patients being seen independently by the attending physician. The three additional patients were seen by a rotating physician. All teams and rotating physician worked with medical students.

In January 2023, SIP is moving into a four-teaching team service. Each team, comprised of a resident, medical students, attending psychiatrist, clinical social worker, nurse practitioners; will manage seven patients. The benefits of going to four teams is that we will be empowering our residents while also ensuring continuity of care for patients, equitable support for nursing staff and uniform experience for medical students.



### *Northwestern Medicine Approves \$250,000 Upgrade to Outpatient Program*

Northwestern Medicine has allocated \$250,000 to help our clinic launch and Intensive Outpatient Program (IOP). These funds will be used to upgrade 3 conference rooms within the Asher Center where the IOP will be housed. The conference room upgrades, which will include new furniture and IT equipment, will result in state-of-the-art conference rooms that can also be used for team meetings, trainings and didactics.



The initial focus of the IOP, which is expected to launch in the summer of 2023, will be for patients suffering from mood and emotional disorders. A committee comprised of clinicians and administrative leadership has been formed to, among other things, develop the schedule and curriculum, identify staffing needs, and navigate billing compliance and accreditation regulations.

The creation of an IOP will be of great benefit to our patients and to the hospital. The IOP will provide patients with a higher level of much needed support and structure as they progress through their recovery. The hospital will benefit from shorter lengths of stay, diversion from the inpatient unit and ED, and reduced rehospitalization rates.



## Mission Updates Research

**MORNING SICKNESS**  
VERSUS  
**HYPEREMESIS GRAVIDARUM**

 Nausea that sometimes results in vomiting	 Nausea and severe, constant vomiting
Nausea that usually subsides by 20 weeks	Nausea and vomiting that does not subside
Vomiting that does not cause dehydration and allows some food to be kept down	Vomiting that does cause severe dehydration and does not allow food to be kept down

### An Endeavor to Stop Nausea and Vomiting Associated with Pregnancy

Dr. Katherine Wisner is conducting a clinical trial to determine the acceptability and safety of *mirtazapine*, a promising drug used to prevent post-surgical nausea and vomiting.

The majority of pregnant women experience nausea and vomiting in pregnancy, which typically resolves itself in the second trimester, but a small percentage will develop *hyperemesis gravidarum*, a condition where severe vomiting, dehydration, preterm births, neurodevelopmental deficits, and in severe cases, terminations of desired pregnancies can occur.

Dr. Wisner will conduct a three-week open trial of 25 pregnant women who have not responded to at least two antiemetic drugs. We hypothesize that *mirtazapine* will exhibit satisfactory acceptability, tolerability, and safety in pregnant persons with sNVP. After the initial trial, a continuation period or a *mirtazapine* tapering regimen with monitoring will be offered.

### NIH Data Management Policy

The National Institute of Health has issued a Data Management and Sharing (DMS) Policy to promote the sharing of scientific data. This policy, which will become effective January 25, 2023 will require that investigators and institutions:

- Plan and Budget for the Managing and Sharing of Data
- Submit a DMS plan for review when applying for funding
- Comply with the approved DMS plan.

More information on this new Data Management Policy can be found from this recorded presentation. You can also access the FSM Digital Hub to download the slides used in the presentation.



National Institutes of Health



### New Research Platform to Launch April 25, 2023

Northwestern University is enhancing technological resources to support research. The goal is to implement a new sponsored research administration management system and to deliver revamped analytics required to support business functions. To that end, NU/FSM will be launching a new Central Electronic Research System (CERES) in April that will replace InfoEd as the platform for grant proposals and management. FSM leadership is excited about this change and the enhanced support and opportunities this will present to all departments. Our own departmental Research Administration team is participating in the "CERES Change Network" which is working to ensure a seamless transition from InfoEd to CERES and will be able to support all faculty as needed on the April 25th go-live.

## DEPARTMENT SPOTLIGHT

### NORTHWESTERN PSYCHIATRY TODAY



#### *Sheehan Fisher, PhD recognized as one of 2022's Notable Black Leaders & Executives*

Crain's Chicago Business recognizes notable black leaders and mentors each year to showcase the varied forms that leadership can take, and how the city benefits from this variety. This year, **Sheehan Fisher, PhD** was recognized as a Notable Black Leader and Executive. Dr. Fisher provides perinatal mental health treatment and perinatal psychology training. He leads a National Institutes of Health-funded, national randomized controlled trial to treat Black perinatal depression by training fathers how to support mothers. He's a three-year term reviewer of research proposals for federal grant funding for the NIH Psychosocial Development, Risk & Prevention Study Section, including grant applications for the National Institute on Minority Health & Health Disparities. Congratulations to Dr. Fisher!



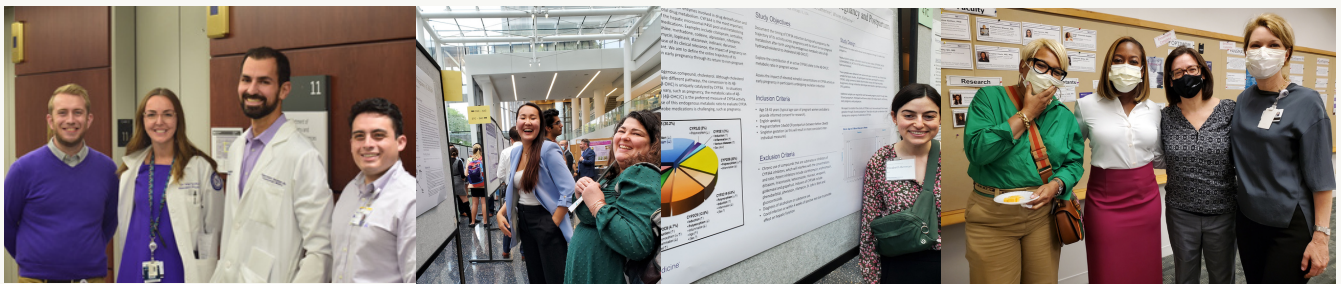
#### **Arthur Nielsen's second textbook on couple therapy was published in April: Integrative Couple Therapy in Action: A Practical Guide to Handling Common Relationship Problems and Crises.**

The sequel to his first book, *A Roadmap for Couple Therapy: Integrating Systemic, Psychodynamic, and Behavioral Approaches*, it describes the "domain-specific knowledge" needed to help couples who complain of problems with sex, money, and children, and who are stressed by work and time pressures—the most common problems for which couples seek outside help. It then takes up couple crises that occur when couples are reeling after an extramarital affair, contemplating divorce, divorcing, or living in stepfamilies after divorcing. Not just for couple therapists, the book should be of interest to all clinicians.



#### **Forbes recognizes Katherine Wisner, MD as one of the pioneers of perinatal psychiatry in this year's 50 over 50 list - Women who are using their empathy, insight, and savvy to help make the world a more equitable place.**

Dr. Wisner is committed to improving mental health during pregnancy and reducing the risk for postpartum depression. At age 70, Wisner is the director of the Asher Center for the Study and Treatment of Depressive Disorders at Northwestern University Feinberg School of Medicine. Throughout her career in research, clinical care, education and advocacy for those pregnant and breastfeeding, she has received \$22 million in research grants and published 260 peer-reviewed publications. Wisner is also the visionary, founder and current chair of the Perinatal Mental Health Society and served as President of the Marc International Society for Perinatal Mental Health.



## DEPARTMENT SPOTLIGHT

### The LCSW Team welcomes new Clinical Leaders Morgan Milin, LCSW and Michelle Cestaro, LCSW



**Morgan Milin, LCSW** supports our Collaborative Behavioral Health Program (CBHP) Team. Morgan previously worked as the main psychotherapist for Lakeview Primary Care Clinic specializing in anxiety, depression and chronic illness. She then transitioned to acting Behavioral Care Coordinator for Lakeview Primary Care Clinic, Evanston Primary Care Clinic and Osher Integrative Health.

The **Collaborative Behavioral Health Program (CBHP)** is a team approach for emotional wellness, bringing an LCSW (Behavioral Care Coordinator), psychiatrist and primary care physician together to treat anxiety and depression, all within the primary care physician's office. The Behavioral Care Coordinator (BCC) works with a psychiatrist to evaluate, identify and diagnose behavioral health conditions and develop a plan of care, which is shared with the primary care physician. The BCC's provide continued support to the patients throughout this process, which may include: connection to appropriate referrals, psycho-education, and limited psychotherapy.

**Michelle Cestaro, LCSW** supports our Psychotherapy Team. Michelle has previously served as an LCSW, providing psychotherapy, with a specialization in older adults. She also coordinates the MSW student program, as well as co-facilitated the Shame Resiliency Group and developed and co-facilitated the Sleep Improvement Strategies Group.

The **Psychotherapy Team** provides individual and group therapy in multiple clinics throughout the NM health system. In addition to the Arkes II-Psychiatry Outpatient Clinic, individual psychotherapy is offered in 9 different Primary Care Clinics.

Group therapy options offered on a regular basis:

- CBT for Anxiety
- Sleep Strategies
- Caregiver Support

### The LCSW Team welcomes new hires

Currently having 20 members, the LCSW team is continuing to grow. We would like to welcome our newest team members:

**Sarah Razo, LCSW** - Sarah is providing psychotherapy for the Primary Care Clinics of GIM 18 and Lavin 21.

**Harper Long, LCSW** - Harper is acting as Behavioral Care Coordinator for Bucktown, SONO and Chicago Ave Primary Care Clinics.

**Kate Bowker, LCSW** - Kate is providing psychotherapy in the psychiatry clinic and the Transitional Care Clinic.



#### The LCSW team

Our Licensed Clinical Social Workers volunteered on 10/28/22 at the Friendship Center food pantry in Lincoln Square

*The Department of Psychiatry and Behavioral Sciences invites you to our...*



# 2022 Holiday Party

**@ LUCKY STRIKE  
322 E. ILLINOIS STREET**

**THURSDAY, DECEMBER 1ST  
5:00-8:00PM**



**Please join us for an evening of games, food, cocktails, and fun  
as we celebrate the year end, and bring in the holiday season!**

**Please RSVP by Friday, November 25th  
(Staff and Faculty only - no guests)**