

THE INWARD EYE

*The official newsletter of the Department of Psychiatry and Behavioral Sciences
Feinberg School of Medicine, Northwestern University*



Honoring the Career of Patricia Roberts

After serving as a psychiatric nurse for 49 years, the last 22 of which were at Northwestern Memorial Hospital, Pat Roberts recently retired. Throughout her career Pat has led, a lot of change and has also faced many challenging circumstances.

To help guide her decision making in these situations, Pat was always focused on maintaining the respect and dignity of the patients. In a recent conversation with her she spoke of the importance of patient-centered care. “Keeping the patient at the center of every decision is crucial to ensuring that the mission of psychiatry is not compromised. Whether it is changes to the environment, delivery of care or personnel, the patient’s needs must always be prioritized.” This patient-centered approach has been a hallmark of Pat’s career and was very much on display with the opening of the Galter 13 inpatient unit – which Pat cited as the highlight of her career.

Pat’s final piece of advice to others is to “listen more, talk less, and take time to care for oneself”. In retirement, she plans to travel, spend time with family, and enjoy the city of Chicago and all that it has to offer. Her dedication, hard work, and compassion for patients will be missed at Northwestern, but her legacy will continue to inspire future generations of nurses.



Director of Patient Care, Patricia Roberts

Feinberg School of Medicine Earns High Recognition for Psychiatry Program



Department of Psychiatry and Behavioral Sciences ranked #16 in the country by U.S News & World Report

Feinberg School of Medicine has once again garnered acclaim as one of the leading medical schools in the nation, with our Psychiatry program securing an impressive #16 ranking.

“This is a major accomplishment for the department faculty, staff, and trainees. Fundamentally, our position within the top 20 psychiatry programs derives from our national reputation for excellence in clinical care, education, and scholarship. Our department’s steadfast dedication to these missions has now resulted in this important national recognition. I have no doubt as we redouble our efforts in undergraduate and graduate medical education in psychiatry and continue to expand our research portfolio and scholarship that we will solidify our position as a nationally top ranked psychiatry program.”

Sachin Patel, MD, PhD

Chair and Lizzie Gilman Professor of Psychiatry and Behavioral Sciences

This latest achievement is a testament to the department’s pursuit of excellence and commitment to advancing the field of psychiatry. As we stride forward, the department will continue to grow and make influential contributions to medical education, clinical care, and transformative research.



Mission Updates

Clinical

Andrew New, MD Assumes Role as Director of Emergency Department for Psychiatry

The Department of Psychiatry is excited to announce the addition of a new team member! Dr. Andrew New has joined us as the Medical Director for ED (Emergency Department) Psychiatry. Dr. New pursued his studies at Tulane University in New Orleans and completed his residency training at Jackson Memorial Hospital in Miami, Florida. Most recently, he worked at Henry Ford Health in Michigan, where he played a vital role in implementing innovative treatment and educational models for psychiatric care in the Emergency Room.

Dr. New firmly believes in a collaborative and patient-centric approach to treatment, prioritizing compassion over efficiency. He is eager to collaborate with his colleagues in developing and implementing evidence-based care models that will effectively serve our diverse patient population.



Andrew New, MD
Director of Emergency Department
Assistant Professor of Psychiatry and
Behavioral Sciences

LCSW UPDATES

Recently, the LCSW team volunteered at the Hephzibah Home in Oak Park. Hephzibah provides residential treatment and foster care services to children. The LCSW team participated in spring clean-up and organization of books/memorabilia. Social Workers contribute to community services in many different ways throughout their careers and these volunteer experiences provide a wonderful opportunity to support team building and employee well-being.



The LCSW team is accepting referrals for the following groups that will start this fall:

- CBT for Anxiety Group
- Caregiver Connections Group
- Sleep Improvement Strategies Group
- Grief Group

All groups are virtual.

An email will be sent out this summer with more detailed information including dates and times. Please contact Michelle Cestaro, LCSW (michelle.cestaro@nm.org) with any questions or referrals.

CLINICAL OPPORTUNITIES

Ketamine Clinic Updates

Intravenous ketamine is a new and exciting development in the treatment of depression. As research has continued to demonstrate its safety and efficacy, interest in ketamine has been growing, especially for patients with depressive disorders that are otherwise difficult to treat. For many patients, especially those with suicidal thoughts, ketamine has proven transformative and empowering.

The Northwestern Medicine Ketamine Infusion Clinic is led by Brandon Hamm, MD, MS. Under his direction, patients receive intravenous ketamine in doses below those typically used for anesthesia or surgery.

The ketamine clinic will follow evidence-based protocols, and ensure the infusions are administered in a safe environment. Interested patients are initially evaluated by an Infusion Clinic psychiatrist in order to arrive at a diagnosis, to determine the best treatment options, and to confirm their appropriateness for ketamine.

Treatment typically begins with a twice-weekly schedule for about 6-8 infusion sessions, after which the frequency of therapy is decreased on an individualized basis to maintenance infusions about once every 3-6 weeks. A team of clinicians evaluate and monitor the patient's progress throughout, using instruments that measure both target symptoms and treatment experiences. Additionally, IRB protocols are currently in development as we hope to engage in clinical trials related to ketamine infusions in the near future.

New Intensive Outpatient Program: Psychiatry Expands Care to Provide Flexible Treatment Solutions

Psychiatry is launching a new Intensive Outpatient Program July 31st to provide comprehensive care and support. The IOP begins the end of July and will be offered **Monday-Friday from 12:30pm - 4:30pm**

Here are the pertinent details:

- Open for adults ages 18-65 seeking treatment primarily for an emotional disorder
- We are not offering substance use/dual-diagnosis or eating disorder treatment at this time
- Patients with a history of psychosis are accepted if their psychotic symptoms are not currently active and are well-managed with medication
- Additional excluded diagnoses include:
 - Anorexia Nervosa
 - Dissociative Disorders
 - Disruptive, Impulse-Control, and Conduct Disorders
 - Elimination Disorders
 - Medication-Induced Movement Disorders and Other Adverse Effects of Medication
 - Neurocognitive Disorders
 - Paraphilic Disorders
- Medicaid and Medicare are accepted

Please have patients call 312-695-1306 to schedule. You can also send referrals to the Psych Intake Central pool in Epic. Please direct any questions about the program to Bethany Apa Doody or the Psych IOP central pool in Epic.

What Ketamine Patients can Expect:

1. The first appointment is an informational meeting with one of our psychiatrists to determine if ketamine treatment is right for you.
2. Your infusion appointments will initially be twice a week. After 6-8 sessions, these will taper to once every 3-6 weeks.
3. When you arrive for your infusion, you will be escorted to a private infusion room with a recliner. We encourage you to wear comfortable clothing for the appointment.
4. A doctor or nurse will start an IV and set up monitoring of your pulse, oxygen levels, and blood pressure.
5. The ketamine is administered via an infusion pump over 40 minutes. During the infusion you will experience a mild euphoric feeling. Some patients also experience a dissociation effect, which is normal. A few patients may also experience nausea which can be treated with Zofran. A nurse will be with you to monitor the infusion and provide assistance.

Mission Update Education



Our residents attended the Annual Medical Education Conference (AMEC), the largest gathering of underrepresented minority medical and premedical students in the US and the Caribbean. AMEC offers innovative programming to prepare the next generation of physicians, featuring workshops, development programs, and growth opportunities.

"The Student National Medical Association (SNMA) annual AMEC conference is a premier gathering for student leaders in medicine. Mental health is vital for African Americans and the nation at whole. The department of psychiatry's AA residents are role models. and their attendance at the SNMA meeting was inspirational. It was great fellowship for all of us that were able to attend."

John E. Franklin, MD, MSc, MA
Associate Dean for Diversity, Inclusion and Student Support
Professor of Psychiatry and Behavioral Sciences (Addiction Psychiatry)

The conference took place in Hartford, CT, under the theme "Brilliance Embodied," highlighting diversity, community service, and health equity. The conference addressed the connection between housing and healthcare instability, providing valuable opportunities to serve affected communities. Our residents benefited from plenary sessions, networking, and a large exhibit hall with 200+ exhibitors, and we are proud to have had them be a part of this impactful conference.



Mission Update

Research



Lisanne Jenkins, PhD

Multimodal Neuroimaging Predictors of Non-Suicidal Self-Injury in the ABCD Study

We are delighted to announce that Dr. Lisanne Jenkins, PhD, has been awarded her first R01 research grant by the National Institute of Mental Health, amounting to an impressive \$2 million, paving the way for groundbreaking investigations in the field.

The proposed research will analyze structural and functional neuroimaging from the publicly available Adolescent Brain Cognitive Development (ABCD) Study to identify abnormalities of brain networks involved in emotion regulation in youth aged 9-10 who go on to develop NSSI two or more years later. Non-suicidal self-injury (NSSI), the deliberate destruction of one's own body tissue without suicidal intent, usually begins around age 13-14, occurs in around 17% of adolescents living in the community, and is a risk factor for suicide attempts and deaths.

Featured articles

Illinois Supreme Court Commission on Elder Law Welcomes Sandra Weintraub, PhD as Appointee

Sandra Weintraub, PhD, has been appointed to the Illinois Supreme Court Commission on Elder Law. The commission, effective since last April, helps the Illinois Supreme Court address the legal needs of seniors and their families. Weintraub joins Darby Morhardt, PhD, LCSW, who was appointed to the commission last year.

"It is a great honor to be appointed to the Illinois Supreme Court Commission on Elder Law. My entire career has been devoted to the study of cognitive changes associated with the aging brain in both health and disease, and providing clinical neuropsychological services for individuals who suffer from diseases causing dementia. This appointment allows me to share my expertise in a venue that can have a broad impact on the lives of older individuals," said Weintraub,

"Firearms injure or kill up to a quarter of juvenile justice youth after detention"

Vice Chair of Research, Linda Teplin, PhD, who leads the Northwestern Juvenile Project, found that within a time frame of 16 years, a quarter of all males belonging to the Hispanic and Black community, who had been sent to juvenile detention earlier, had suffered from firearm-related injuries or death.

Northwestern University's study shows that one in four Black and Hispanic males who have entered juvenile detention were injured or killed by firearms within 16 years. Youth with a juvenile justice record have up to 23 times higher firearm mortality rates than the general population, despite already being disproportionately affected by daily firearm deaths and injuries. This is the first study that specifically looks at firearm mortality rates in the juvenile justice population.

[Click here to read more](#)



DEPARTMENT SPOTLIGHT



Uniting minds, igniting brilliance. The Department recently hosted a dinner banquet for new faculty members to encourage collegiality and collaboration across the research, education, and clinical missions.

Northwestern's First Clinical Psychology Student Awarded the Prestigious Presidential Fellowship

Ashley Murphy is the first Clinical Psychology PhD student to be selected for Northwestern's Presidential Fellowship, the most prestigious fellowship awarded to graduate students by the University!

The Presidential Fellowship is funded by the President of the University and awarded by The Graduate School. All recipients of this highly competitive award become members of the Northwestern Society of Fellows, which includes former members and distinguished faculty, even those Presidential Fellows who are still completing their degrees.

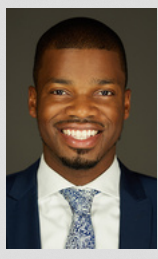




• DEPARTMENT HISTORY FACT

Until the mid-19th century, psychology was regarded as a branch of philosophy and was commonly taught under the title of “Mental Philosophy.” Northwestern’s Psychology Department dates back to 1909, when it quietly separated from the Philosophy Department and became its own entity. The Department initially included only two regular faculty members, Walter Dill Scott and Robert Gault, and offered eight courses. Since 1909, the Psychology Department has grown considerably; we now have 41 faculty members and offer more than 80 undergraduate and graduate courses.

The Graduate School Welcomes Sheehan Fisher as the New Associate Dean for Diversity and Inclusion



It is with great pleasure to announce that Sheehan Fisher, PhD, will assume the position of Associate Dean for Diversity and Inclusion at The Graduate School, starting from June 1, 2023.

Sheehan Fisher, an associate professor and clinical psychologist in the Feinberg School of Medicine’s Department of Psychiatry and Behavioral Sciences, has been appointed as the Associate Dean for Diversity and Inclusion at The Graduate School.

In this capacity, Sheehan will actively collaborate with students, trainees, programs, and campus partners to establish an equitable environment for our graduate and postdoctoral communities.

As a valued member of the senior leadership team, Sheehan will champion inclusive practices and implement creative strategies to foster a culture of comprehensive support, accessibility, and belonging.

Four key tips to manage mental health after job loss

CNN Consults Psychologist Sheehan D. Fisher for Expert Tips on Nurturing Mental Well-being Amidst Job Loss



Juneteenth Celebration by the Center for Health Equity Transformation Focuses on Health Disparities in the Black Community

The Center for Health Equity Transformation (CHET) hosted its annual Juneteenth Celebration of Black Culture, Art, and Music webinar on June 15. The event included a discussion on enduring health disparities faced by the Black community. Inger Burnett-Zeigler, '09 PhD, associate professor of Psychiatry and Behavioral Sciences in the Division of Psychology, was one of the notable speakers.

“As a psychologist, even though I’m helping people to develop these tools and skills to manage both the psychological and physiological impact of the environments that they’re living in, I realize that they’re still going back to these environments that have deeply embedded structures and systems that will continue to negatively impact physical mental health,” Burnett-Zeigler said.

The CHET’s 2023 Juneteenth Celebration of Black Culture, Art, and Music received support from various organizations including the Robert H. Lurie Comprehensive Cancer Center of Northwestern University, Feinberg’s Office of Diversity & Inclusion, the Center for Community Health, and the Institute for Public Health and Medicine (IPHAM).



Inger Burnett-Zeigler, PhD

Associate Professor of Psychiatry and Behavioral Sciences



CLASS OF 2023 SHINES BRIGHT!



Remembering the Remarkable Life of Dr. John Csernansky, MD: A Celebration of Legacy and Impact

Below are images from the Celebration of Life held in honor of Dr. John Csernansky, MD, capturing the essence of the event. These images reflect the profound impact of Dr. Csernansky, showcasing the admiration and love from family, friends, colleagues, and the community. The gathering served as a tribute to his exceptional contributions, and the photographs embody the spirit, passion, and enduring legacy he leaves behind. We extend gratitude to all attendees and hope that these images inspire us to carry forward Dr. Csernansky's remarkable influence.





BROOKSTONE CONFERENCE



September 15th, 2023
12:00PM to 6:00PM

Prentice Women's Hospital
Harris Family Atrium - 3rd Floor
250 E. Superior Street, Chicago, IL 60611



DISCUSSIONS AND INSIGHTS

“Cannabis on the Brain: Implications for Mental Health and Development”

With increasing access sweeping the country, the effects of Cannabis on brain development, cognition, emotion, and their relevance to risk for mental illness are of great interest to physicians, scientists, and the public at large. This year’s Brookstone Conference will bring together world leaders in the areas of Cannabis biology and therapeutics to discuss the newest scientific discoveries in the field and their implications for mental health.

Sachin Patel, MD, PhD

Chairman & Lizzie Gilman
Professor of
Psychiatry and Behavioral
Sciences



KEYNOTE SPEAKERS

Yasmin Hurd, PhD

Chair, Translational
Neuroscience
Director, Addiction
Institute at Mount Sinai,
Icahn School of
Medicine at Mount Sinai



Kent Hutchison, PhD

Professor of Psychology
and Neuroscience,
University of Colorado
Boulder



Matthew N. Hill, PhD

Professor of Cell Biology
and Anatomy
Hotchkiss Brain Institute
University of Calgary



More information

To receive future communications regarding the 2023 Brookstone Conference, please submit your name and email address [here](#)