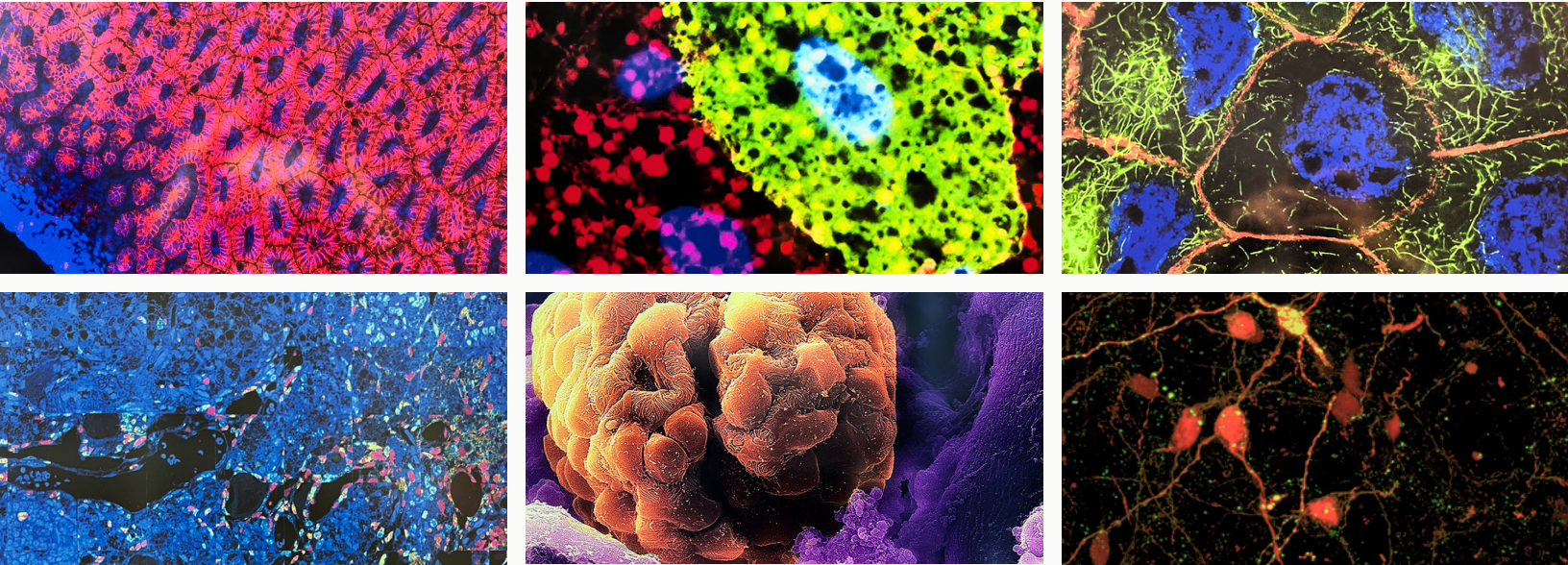


THE INWARD EYE

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



In this edition

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- [Upcoming Events](#)

Patient & Provider Education for Sub-Anesthetic Ketamine Infusion

For the past 18 months, a team comprising of individuals from various departments at NM have dedicated efforts to initiate an IV ketamine program. The undertaking involved collaborative drafting of a treatment protocol in coordination with nursing, pharmacy, and anesthesiology; conducting market research and financial modeling; implementing infrastructure and equipment upgrades; creating comprehensive patient education materials; and formulating a targeted marketing strategy for referring physicians. We are now ready for our first patient and will be the only Academic Medical Center in Chicago offering IV ketamine for depression.



Procedure

The IV ketamine infusion procedure involves monitoring vital signs, administering ketamine over 40 minutes, with a therapeutic dose of 0.50 to 0.75 mg/kg for depression. Subsequent infusions depend on patient response. A psychiatric nurse oversees infusion, coordinating with the doctor. Additional IV medications address side effects. Observation post-infusion is required for at least 30 minutes due to the variable duration of ketamine's effects. Patients may experience mild side effects for hours, including reduced balance and nausea. Driving is prohibited on the day of infusion, and important decisions or machine operation are advised against. Fasting for 8 hours before infusion is necessary due to the risk of nausea.



Risks/Side Effects

Starting an IV is a routine procedure, but may cause temporary discomfort from the needle stick, bruising, infiltration, or infection (rare). Additionally, some patients may feel faint with IV placement. Although ketamine can provide effective psychiatric treatment for many patients, not all Ketamine may not help your mental health condition, and some patients may feel saddened if the treatment is ineffective for them.



Benefits

Sub-anesthetic infusion of ketamine has been associated with a rapid decrease in depression and suicidality, and has building evidence for improvement of a variety of other psychiatric symptoms. The effects of ketamine infusion therapy may not be long-lasting and will most likely require further infusions. While ketamine is not the only option for patients with treatment-resistant depression, it can be beneficial when combined with a multimodal approach for long-term benefits. A frequent goal will be maintenance treatment with "booster" infusions every 3-6 weeks.



We would like to thank everyone who contributed to the development and launch of the ketamine program. The collective efforts, spanning various departments and disciplines, have been instrumental in bringing this initiative to fruition. Before we decide to start psychiatric treatment with sub-anesthetic ketamine infusions, it is important for patients to know why it is being done and what it will involve. This includes any potential risks, as well as any potential benefits they might receive. We are genuinely excited about the potential impact of this program and look forward to the positive outcomes it promises for our patients and the broader healthcare community. Thank you all for your unwavering dedication and hard work.

MISSION UPDATE

Clinical

New Leadership, New Horizons: Changes in Clinical Leadership

We want to inform you of a change in department leadership. Dr. Stephen Dinwiddie has decided to step down as Vice Chair for Clinical Affairs, effective September 1st, and Dr. Will Cronenwett will succeed him in that role.

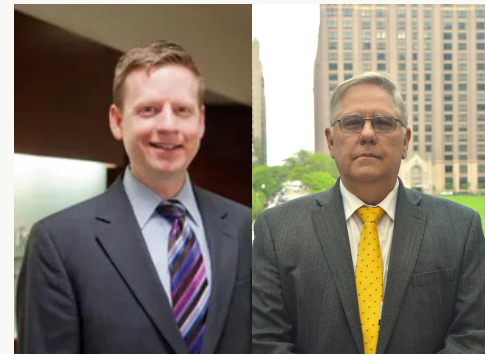
Dr. Dinwiddie, Vice Chair since 2016, shaped clinical operations with impactful leadership, fostering growth in patient volume and revenue. His innovative contributions and mentorship have positively influenced the careers of many. We are grateful for his exceptional service, and he'll now serve as Chief of Forensic Psychiatry, continuing as a valued mentor and consultant.

Dr. Cronenwett is a natural leader who brings a wealth of experience and expertise to the role. His dedication to patient care and medical innovation will set the course for our clinical mission in the coming years. Dr. Cronenwett has demonstrated a willingness to tackle difficult problems and an ability to achieve desired results. In addition to the role as Vice Chair for Clinical Affairs, Dr. Cronenwett will continue to serve as the Chief of General Psychiatry.

"I want to personally thank Dr. Dinwiddie for his service to the department and for this guidance and counsel over the years, and I look forward to more opportunities to work with him in the future. I'm honored that he's passed the baton to me as regards clinical leadership, and I am eager to do my best, both to assist Dr. Patel with his clinical vision for the department and to do what I can to help our providers continue to excel."

Will Cronenwett, MD

Vice Chair for Clinical Affairs



The LCSW team volunteered at Nourishing Hope, Chicago, in early November which proved to be another extraordinary and fulfilling team-building day!

MISSION UPDATE

Education

New Changes for MA and PhD Programs

- Four PhD students from different institutes received F31 awards from NIH for their research on ADHD, dating app use, mental health services, and brain health.
- **Sarah Bratta** joined the Division of Psychology as the new Program Coordinator for the MA & PhD programs.

AI for Psychiatry: How a Resident Won the O’Leary Award for Innovation

Declan Grabb MD PGY3 won the inaugural O’Leary Award for Innovation in Psychiatry from the American Psychiatric Association for his research investigating the use of artificial intelligence to enhance efficiency and access in medical education and clinical care, with a particular focus on the LGBTQ+ population.

General Psychiatry Residency Program Announces Class Size Increase

The general psychiatry residency program is thrilled to announce we will be expanding our residency program from **9** residents a class to **10** residents a class starting with the 2024-2025 intern class.

Kaitlyn Kunstman, MD, Marta Mudd, MD (PGY3), Alexander Hish, MD (PGY3), Declan Grabb, MD (PGY3) & Jordan Vajda MD (PGY2) presented their research at Feinberg’s Medical Education Day

The Comparative Efficacy of Different Large Language Models in Psychiatric Education

Declan Grabb, MD

A Chalk Talk-Based Orientation Curriculum for the Psychiatry Clerkship

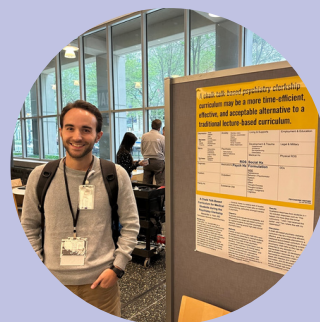
Alexander Hish, MD

Nutritional Assessment and Management in Psychiatric Practice: A Medical Education Research Project to Develop a Residency Curriculum

Marta Mudd, MD, PhD

Expanding LGBTQ Mental Healthcare Didactics in a General Psychiatry Residency Curriculum: a Targeted Needs Assessment

Jordan Vajda, MD, MPH and Kaitlyn Kunstman, MD



MISSION UPDATE

Education

Meet Our New Chief Residents!

We are thrilled to introduce the newest members of our esteemed medical team, the Chief Residents for the upcoming year.

Cyril Appiyagei, MD
Jason Onugha, MD
Curtis Austin, MD



Forensic Psychiatry Fellows Drs. Nicole Lentini and Reuben Heyman-Kantor spoke at AAPL 2023 in Chicago This October

We are pleased to present our two forensic psychiatry fellows, Drs. Nicole Lentini and Reuben Heyman-Kantor, as well as their presentations at the annual American Academy of Psychiatry and the Law (AAPL) meeting in downtown Chicago this October!

Two presentations under faculty supervision:

1. Reviewing provider understanding of antidepressant black box warnings, their comfort with antidepressants, beliefs about treatment risk, and perception of medicolegal risk.
2. Sharing a novel forensic psychiatry course integrating residents into casework, taught by Dr. Angelotta, with Dr. Spring presenting on climate change's ethical implications and tactics for responding to patient stalking.

For those interested in medical-legal themes or where mental health intersects with the law, please visit AAPL's website for details here: aapl.org/aapl-meetings.htm



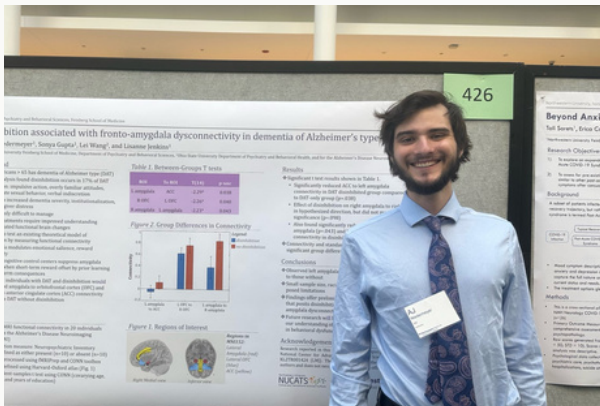
MISSION UPDATE

Research

MEDIA, CONFERENCES, AND PRESENTATIONS



Uncover the Science Behind Behavioral Changes in Dementia Patients — Lisanne Jenkins, PhD explores the significance of functional brain networks in dementia in a TED-style talk through her KL2 from NUCATS.



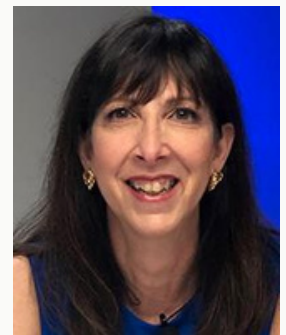
Feinberg's Research Day

Disinhibition associated with fronto-amygdala dysconnectivity in dementia of Alzheimer's type (DAT)

AJ Niedermeier, a research assistant in the Neuroimaging and Applied Computational Anatomy Lab, presented at Feinberg's Research Day.

Dr. Weissberg-Benchell's Symposium: Nurturing Resilience in Healthcare

Dr. Jill Weissberg-Benchell's recent ADA Annual Meeting symposium in San Diego focused on "Cultivating Provider Resiliency and Preventing Burnout." In her talk, "Managing Provider Stress Through Building Resilience," she offered practical strategies for proactive resilience in healthcare, emphasizing its importance in diabetes management.



MISSION UPDATE

Research

AWARDS



10th Annual Community-Academic Research Award at NU Research Day

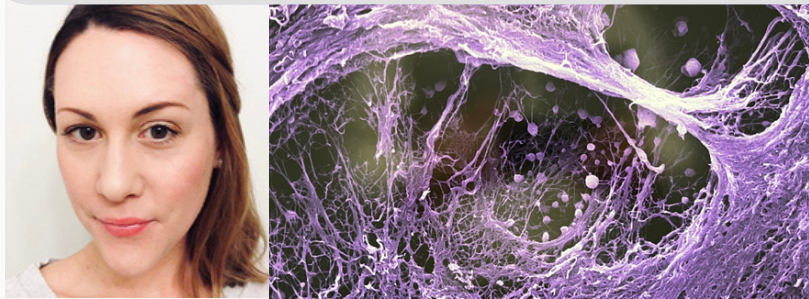
Dr. Ashley Knapp received NU's Dr. Virginia Bishop's 10th Annual Community Academic Research Partnership Award, given at this year's NU Research Day



Trailblazing Researchers Shine at AAIC in Amsterdam

Dr. Lisanne Jenkins and her Neuroimaging Lab members, including PhD candidate Ashley Heywood and postdoc Jane Stocks from the Mesulam Center, made waves in Amsterdam at the Alzheimer's Association International Conference (AAIC) and the Alzheimer's Imaging Consortium (AIC) preconference

GRANTS



Innovative Excellence Recognized

Dr. Allison Letkiewicz was awarded the Ken and Ruth Davee Award for Innovate Investigations by Northwestern's Department of Psychiatry and Behavioral Sciences. She was awarded a total of \$40,000



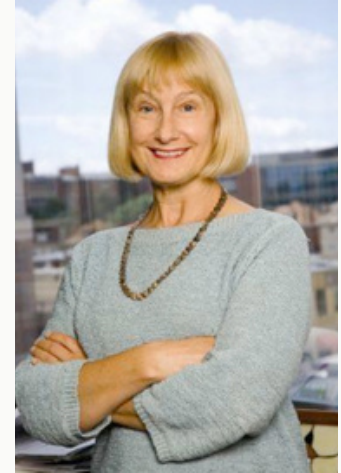
DEPARTMENT SPOTLIGHT

A Farewell Tribute to Dr. Katherine L. Wisner, MD

Dr. Katherine Wisner bids farewell to Northwestern University after a transformative tenure leading the Asher Center. In a brief interview, she reflects on her impactful career, departmental changes, and her move to Washington, driven by a passion to address rising maternal mortality rates.

Arriving in 2012, Dr. Wisner, alongside her colleagues, established the Asher Center, a hub for perinatal mental health research. Despite pandemic challenges, the center thrived, maintaining its focus on the well-being of perinatal women.

Dr. Wisner plans to stay connected as an adjunct professor. Beyond work, she anticipates international lectures and future visits to Chicago. Her departure marks a transition, not a farewell, symbolizing a commitment to new opportunities in maternal health advocacy.



Katherine L. Wisner, MD
Former Director, Asher Center for the
Study and Treatment of Depressive
Disorders

Patricia Dixon-Jones is...

Retiring!

Patricia Dixon-Jones began her career at NMH as a Mental Health Worker on the inpatient unit, moving to outpatient when a position became available. As mental health workers were phased out, she embraced the role of Patient Liaison, embodying resilience and unwavering dedication. We celebrate Patricia and thank her for decades of invaluable service to mental health.

Congratulations, Patricia!



People who identify as part of the sexual and gender minority – Leiszle Lapping-Carr, PhD

A significant portion of sexual and gender minority (SGM) individuals, constituting 17% of births from 2005 to 2017, are becoming parents. This growing demographic faces distinct challenges in perinatal mental health, yet research has largely overlooked their experiences. SGM parents encounter higher rates of traditional perinatal depression risk factors, including a history of mental illness, intimate partner violence, stressful life events, and limited social support. This necessitates targeted efforts to address their unique mental health needs.

To bridge this gap, a three-fold research initiative has been proposed. The first aim examined the prevalence of SGM parents giving birth in medical centers and conducted a comparative analysis of perinatal depression screening rates and scores between SGM and heterosexual cisgender parents. A retrospective cohort study of 2019 births revealed a low rate of documented sexual minority identity (1.5%) and that SGM women had higher rates of postpartum depression than heterosexual women. However, SGM women also exhibited higher engagement in prenatal and postpartum care compared to their heterosexual counterparts. The second aim seeks to understand determinants of wellbeing among SGM parents experiencing depression during the perinatal period using qualitative research methods. The third aim focuses on developing and piloting an adapted intervention, named "Parents and Babies," tailored to the needs of SGM parents.

Addressing the underexplored landscape of perinatal depression among SGM parents is crucial for fostering inclusive healthcare practices. By understanding and adapting interventions to their unique needs, healthcare providers can contribute to improved mental health outcomes for SGM parents during the perinatal period.



Collective Trauma In The Wake of the Jacksonville Shooting

[Dr. Inger Burnett-Zeigler was featured in a recent WBEZ Chicago podcast](#)



Faculty Profile: Expanding Access to Mental Health Resources and Disability Services for Children and Families

Dr. Heather Risser was recently featured in FSM's newsletter, *Breakthroughs*, for her research at the Family CARE Parenting Lab. Dr. Risser's research focuses on violence prevention, child welfare, and access to parenting and mental health services for underserved families. As a principal investigator for the Illinois Department of Children and Family Services (DCFS), her team aids in implementing decision-support strategies and outcomes measurement to enhance child and family well-being.

[To learn more about Dr. Risser, you can find the full profile here](#)



Faculty Promotions

Evan H. Goulding, MD, PhD

Associate Professor of Psychiatry and Behavioral Sciences (Addiction Psychiatry)

Nanette Benbow, MA

Research Associate Professor of Psychiatry and Behavioral Sciences and Medical Social Sciences

Leiszle Lapping-Carr, PhD

Assistant Professor of Psychiatry and Behavioral Sciences (Psychology)

Arthur C. Nielsen III, MD

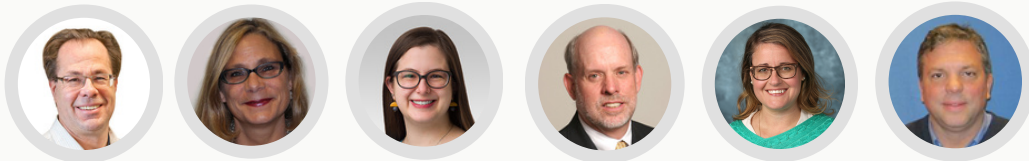
Clinical Professor of Psychiatry and Behavioral Sciences

Stephanie K. Powell, PhD, ABPP

Associate Professor of Psychiatry and Behavioral Sciences (Child Psychology)
and Weinberg College of Arts and Sciences

Jonathan M. Pochyly, PhD

Assistant Professor of Psychiatry and Behavioral Sciences (Child Psychology)



New Faculty

Malik Nassan, MD

Assistant Professor of Psychiatry and Behavioral Sciences (General Psychiatry) and Neurology
(Behavioral Neurology) Mesulam Center for Cognitive Neurology and Alzheimer's Disease

Molly Mather, PhD

Assistant Professor of Psychiatry and Behavioral Sciences
Mesulam Center for Cognitive Neurology and Alzheimer's Disease

Dennis H. Li, PhD, MPH

Assistant Professor of Psychiatry and Behavioral Sciences
Center for Dissemination & Implementation Sciences (CDIS)

Sara E. Thomas, PhD

Research Assistant Professor of Psychiatry and Behavioral Sciences
Health Disparities and Public Policy Program

Zabin Patel-Syed, PhD, MPH

Research Assistant Professor of Psychiatry and Behavioral Sciences
Center for Dissemination & Implementation Sciences (CDIS)





THE 5TH ANNUAL BROOKSTONE CONFERENCE

The 5th annual Brookstone Conference drew together experts to delve into the theme of "Cannabis on the Brain: Implications for Mental Health and Development." The conference proved to be a resounding success, and served as an excellent opportunity in advancing understanding around cannabis' effects on mental health and brain development.



SAVE THE DATE

MASS ATTACKS IN THE UNITED STATES: What Do We Know and Where Do We Go From Here?

Tuesday, December 12, 2023

8 AM to 1 PM

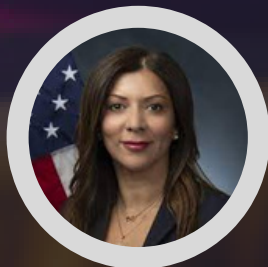
Northwestern Medicine's Chicago Campus + Live Stream

Event Details and Registration information to Follow

A Half-Day Symposium Featuring:

- Expert talks on the state of behavioral science regarding the known risk factors for mass attacks in public spaces
- Panel discussion of implications for research, intervention, policy, and the criminal justice system

Featured Speakers:



Lina Alathari, PhD

Chief, U.S. Secret Service National
Threat Assessment Center



Michelle Hoy-Watkins, PsyD, ABPP

Police & Public Safety Psychologist,
Lecturer of Clinical Psychiatry
and Behavioral Sciences



Anne M. Burke

Retired Chief Justice Illinois
Supreme Court



Robert Hanlon, PhD, ABPP

Professor, Forensic Neuropsychologist,
Author, Interpersonal Violence Expert



Michael Brook, PhD, ABPP

Director, Northwestern's Isaac Ray Research
Program in Behavioral Sciences and the Law

Co-Hosted by Illinois Academy of Criminology
&

Isaac Ray Research Program NUFSM Department
of Psychiatry and Behavioral Sciences



This event is generously supported by Robert A. Clifford, Clifford Law Offices



THE DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES INVITES YOU TO...

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FROM 5PM TO 8PM

@ LUCKY STRIKE
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