



# The Inward Eye

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

**In this newsletter  
you can expect:**

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Mission  
Updates

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Celebrating our  
Graduates

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Department  
Spotlight

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Mass Attacks  
in the  
United States

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Research  
Seminar  
Series

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2023  
Holiday Party

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March 2024 / Volume 6

# 2023 Year in Review

PSYCHIATRY  
& BEHAVIORAL  
SCIENCES

March 1st, 2024

## Clinical Updates

### Northwestern Medicine Behavioral Health Team Integration in the Emergency Department

**Andrew C. New, MD**, Assistant Professor of Psychiatry and Behavioral Sciences at Northwestern Medicine, discusses the benefits of having a behavioral health team integrated into the Emergency Department at Northwestern Memorial Hospital. He [talks](#) about how this team of psychiatrists and other clinicians works in tandem with Emergency Department staff, as well as his interest in medical education with residents working in this environment.

### Northwestern Medicine Ketamine Clinic

The Northwestern Medicine Ketamine Infusion Clinic introduced intravenous ketamine as a treatment option for depression. Led by **Brandon Hamm, MD, MS**, the clinic provides safe and effective ketamine infusions for patients with depressive disorders, especially those who are difficult to treat. Patients receive carefully monitored treatments in a psychologically safe environment, with initial evaluations to determine the best treatment plan. Treatment typically involves 6-8 infusion sessions, followed by maintenance infusions. Referrals can be sent to Dr. Hamm.

## Research and Discoveries

### Your Body's Own Cannabinoid Molecules Calm You During Stress

**Sachin Patel, MD, PhD's** study [published](#) in Cell Reports discovered that the amygdala releases endogenous cannabinoid molecules under stress, and these molecules dampen the incoming stress alarm from the hippocampus. These results provide more support for the hypothesis that the endogenous cannabinoid molecules are a body's natural coping response to stress.

### Medical School Establishes New Center for Psychiatric Neuroscience

Spearheaded by **Sachin Patel, MD, PhD**, Northwestern University Feinberg School of Medicine has launched the Center for Psychiatric Neuroscience. This collaborative hub brings together interdisciplinary scientists dedicated to unraveling the neural mechanisms of mental illness, elucidating the actions of psychotropic drugs, and pioneering novel therapeutics.

### Gender-Affirming Hormones Improve Mental Health in Transgender and Nonbinary Youth

**Dr. Diane Chen's** groundbreaking research reveals that transgender and nonbinary youth undergoing treatment with gender-affirming hormones experienced notable enhancements in appearance congruence. This multicenter U.S. study, funded by the National Institutes of Health (NIH) and published in the New England Journal of Medicine, also highlights sustained improvements in depression and anxiety over a two-year period post-treatment initiation.

## Media, Conferences, and Presentations

### 2023 American Society of Criminology Annual Meeting

#### ***How Have Findings from the Northwestern Juvenile Project Guided Juvenile Justice Policy?***

Teplin, L.A., Thomas, S.E., Welty, L.J., Salvati, J.M., Aaby, D.A., Abram, K.M. (November 2023)

This presentation discussed the impact of the Northwestern Juvenile Project, one of the largest studies on the long-term outcomes of juvenile detainees. The findings have helped shape policies and interventions to improve outcomes for youth in the juvenile justice system.

#### ***"Dose" of Incarceration and Risk of Mortality: A 25-Year Longitudinal Study of Justice-Involved Youth***

Salvati, J.M., Aaby, D.A., Abram, K.M., Teplin, L.A., Welty, L.J. (November 2023)

This study has found that justice-involved youth have higher mortality rates than the general population. Based on data from the Northwestern Juvenile Project, this study examines how factors like length of incarceration and age at release affect mortality risk. These findings underscore the importance of linking individuals to age-appropriate, safe, and accessible support services upon re-entry.

### 2023 National Research Conference for the Prevention of Firearm-Related Harms

#### ***Mass Shootings vs. the other 97% of firearm deaths: Findings from the Northwestern Juvenile Project***

Teplin, L.A., Meyerson, N.S., Thomas, S.E., Zheng, N., Salvati, J.M., Aaby, D.A., Welty, L.J., Abram, K.M. (November 2023)

This symposium discussed how firearm violence is a significant issue in society, with media often spotlighting mass shootings despite their low percentage of overall firearm-related deaths. Three presentations, chaired by Dr. Teplin, examined firearm violence among youth and its intergenerational effects, aiming to fill research gaps in this area.

## Publications

[Effects of a Smartphone-Based Self-management Intervention for Individuals With Bipolar Disorder on Relapse, Symptom Burden, and Quality of Life: A Randomized Clinical Trial. \*JAMA Psychiatry\*.](#)

**Featuring:** Evan H. Goulding, MD, PhD

[Light Therapy for Adolescent Depression: A Scoping Review. \*Current Psychiatry Reports\*.](#)

**Featuring:** Dorothy K. Sit, MD

[Perinatal Depression Screening Among Sexual Minority Women. \*JAMA Psychiatry\*.](#)

**Featuring:** Leiszle Rae Lapping-Carr, PhD; Ashley Dennard, MD; Katherine L. Wisner, MD

[An Overview of Adolescent Psychostimulant Use. \*Slack Journals\*.](#)

**Featuring:** Kaitlyn N. Kunstman, MD

[Peripheral Inflammation Is Associated With Impairments of Inhibitory Behavioral Control and Visual Sensorimotor Function in Psychotic Disorders. \*Science Direct\*.](#)

**Featuring:** James L. Reilly, PhD

[Large-scale animal model study uncovers altered brain pH and lactate levels as a transdiagnostic endophenotype of neuropsychiatric disorders involving cognitive impairment. \*eLife\*.](#)

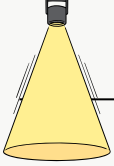
**Featuring:** Lakshmi Rajagopal, PhD and Herbert Meltzer, MD

[Inequities in Mental Health Service Use: A 16-Year Longitudinal Study of Youth in the Justice System. \*Journal of the American Academy of Child and Adolescent Psychiatry\*.](#)

**Featuring:** Linda A. Teplin, PhD and Karen Abram, PhD

[Substance Use Disorders and HIV/AIDS Risk Behaviors in Youth After Juvenile Detention: A 16-Year Longitudinal Study. \*Journal of Adolescent Health\*.](#)

**Featuring:** Linda A. Teplin, PhD and Karen Abram, PhD



# Department Spotlight



**Sachin Patel, MD, PhD's** poster session, "*Associations Between Endocannabinoids and Preoperative Pain in Patients Undergoing Cesarean Delivery: An Exploratory Study,*" at the 2024 SMFM Pregnancy Meeting was met with great interest and acclaim. Attendees were impressed by Dr. Patel's insightful research and his ability to present complex findings in an accessible manner. His study shed new light on the potential role of endocannabinoids in managing preoperative pain for cesarean delivery patients, sparking important discussions and further research in the field. Dr. Patel's session was undoubtedly a highlight of the conference, contributing significantly to the advancement of knowledge in maternal-fetal medicine.

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## "Experts On Aging Reveal The 5 Major Habits That Will Improve Your Longevity"

*Researchers who study "SuperAgers" for a living share the key behaviors that can improve your life expectancy.*

**Tamar Gefen, PhD**, assistant professor at the Mesulam Center for Cognitive Neurology and Alzheimer's Disease at the Feinberg School of Medicine, [was quoted in a Huffington Post article: Experts On Aging Reveal The 5 Major Habits That Will Improve Your Longevity](#).

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**Leisze Lapping-Carr, PhD**, '19 GME, instructor of Psychiatry and Behavioral Sciences in the Division of Psychology, was senior author of the study published in JAMA Psychiatry

According to a study published in JAMA Psychiatry by Northwestern Medicine, women who are part of sexual minority groups face an elevated risk of postpartum depression. However, their sexual identities are less likely to be recorded in electronic medical records.

In her current study, Lapping-Carr and her team seeks to analyze and compare perinatal depression screening rates and scores between sexual minority women and heterosexual, cisgender women. Specifically, they examine screening rates during pregnancy and postpartum care as separate categories.



# Mission Update

## Research

### "WENDY WILLIAMS HAS FRONTOTEMPORAL DEMENTIA AND APHASIA. HERE'S WHAT THAT MEANS"

**Sandra Weintraub, PhD, APBB** sheds light on the challenges faced by those with aphasia, often misdiagnosed, as in the case of Wendy Williams, who also battles frontotemporal dementia. Learn more about these conditions and their impact.



### BREAKTHROUGHS PODCAST: PARTNERING WITH LIBRARIES TO ADDRESS TEEN MENTAL HEALTH

In this episode, **Ashley Knapp, PhD**, assistant professor of Psychiatry and Behavioral Sciences, and Robert Simmons, MA, director of social services and public safety at Oak Park Public Library, discuss the project and how it could be a model for future health interventions.



Links in titles! Click to view.

### LINDA TEPLIN APPOINTED TO NATIONAL ACADEMIES' ADVISORY COMMITTEE

On March 4, 2024, **Linda Teplin, PhD**, was appointed to the Advisory Committee of the National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education. The National Academies play a vital role in advising the nation on issues related to science, engineering, and medicine, making Linda's appointment a significant achievement. This prestigious appointment highlights her expertise and contributions to these critical fields.

Congratulations, Linda!



# Mass Attacks in the United States

WHAT DO WE KNOW AND WHERE DO WE GO FROM HERE?



*"Mass attacks are defined as incidents of mass violence that occur in public or semi-public locations, and in which three or more people (not including the attacker) are harmed by firearms or other means."*

**Source: National Threat Assessment Center, U.S. Department of Homeland Security**

On December 12, 2023, Northwestern Medicine's Isaac Ray Research Program in Behavioral Sciences and the Law and the Illinois Academy of Criminology co-sponsored a half-day symposium titled *"Mass Attacks in the United States: What Do We Know and Where Do We Go From Here?"*



The event featured expert talks on the state of behavioral science regarding the known risk factors for mass attacks in public spaces, followed by a panel discussion of implications for research, intervention, policy, and the criminal justice system.

# Research Seminar Series



The Research Seminar Series looks to unite researchers across various academic disciplines with a focus on Neuroscience-related topics. This seminar fosters interdisciplinary discussions between social and natural sciences. Speakers are encouraged to present both early-stage and advanced research on a diverse array of subjects within Neuroscience, such as brain development, cognitive processes, neurological disorders, brain imaging techniques, neuropharmacology, and neurobiology.

This year's Research Seminar Series kicks off April 19th, 2024, and will feature Nicholas W. Gilpan, PhD, discussing his research on "Supra-spinal circuits modulate drug-pain interactions." Dr. Gilpan is Professor and Vice Chair of Research in Physiology, along with serving as the Associate Director of the Alcohol and Drug Abuse Center of Excellence at LSU's Health Department of Physiology. His research centers around understanding the neurobiological mechanisms associated with alcohol and drug addiction, pain, traumatic stress, and traumatic brain injury. Dr. Gilpan's projects often explore the intersection of multiple pathologies within the realm of neurobiology.



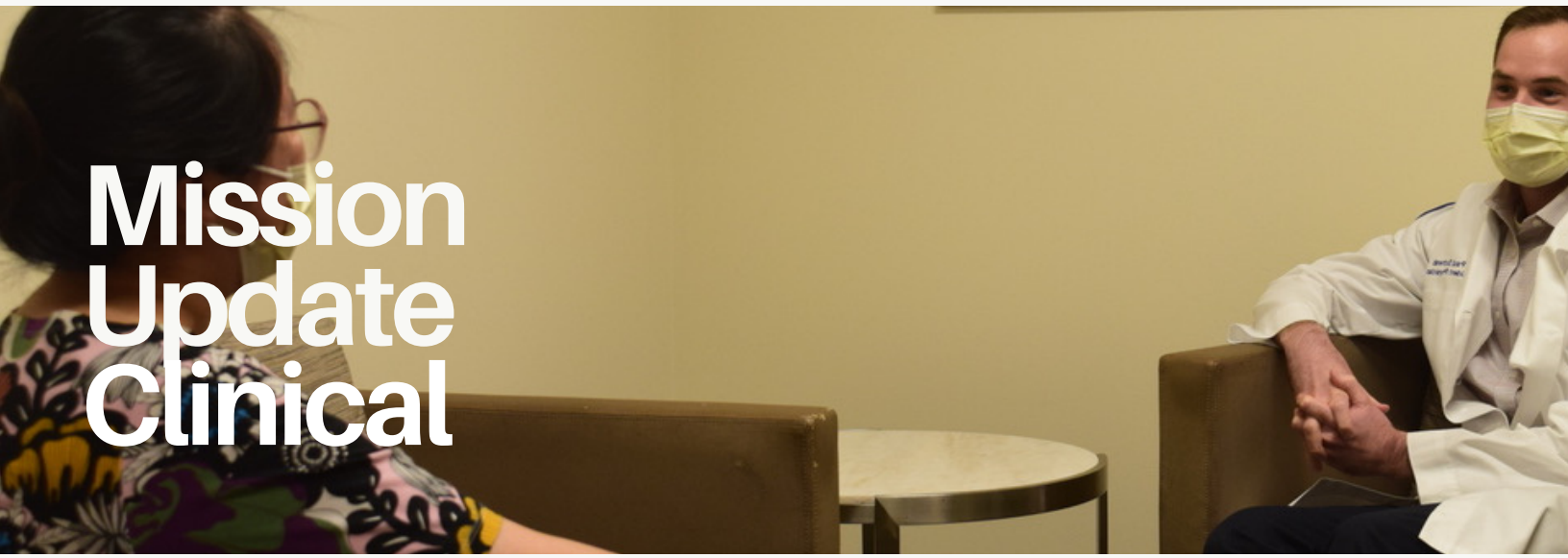
“Supra-spinal circuits modulate drug-pain interactions.”

**NICHOLAS W. GILPIN, PHD**

Professor of Physiology & Neuroscience  
Vice Chair of Research in Physiology  
Associate Director of Alcohol and Drug Abuse Center of Excellence  
LSU School of Medicine



# Mission Update Clinical



## Psychiatry Enhances Collaborative Behavioral Health Program for Enhanced Patient Care

The department of psychiatry's Collaborative Behavioral Health Program (CBHP) has been invited to expand to primary care throughout Northwestern Medicine! CBHP was launched as a pilot project in one primary care clinic in 2016, and then expanded to 16 Primary Care locations in the central and north regions. Now the entire health system will have integrated psychiatric care for depression and anxiety within primary care through CBHP.

### CBHP follows the population health concepts essential to the collaborative care model (CoCM):

- Patients who screen positive for depression or anxiety are referred by their primary care physicians to CBHP for further screening. Population screening is critical to the aims of CoCM.
- Referred patients are rapidly engaged by an LCSW behavioral care coordinator for further diagnostic assessment
- Every patient is discussed with a collaborating psychiatrist, who helps create a treatment plan that is then implemented by the behavioral care coordinator and primary care physician
- CBHP follows patients over time, treating them "to target" full recovery by regular re-screening and modifying interventions.

The program utilizes evidence-based treatments, including psychotherapies and medication management. CBHP's successes are attributed to collaborative team-based care, involving LCSWs, primary care physicians, psychiatrists, medical assistants, nursing staff, IT, quality oversight, operations support, and leadership. As an early adopter of the CoCM model, CBHP's physician leadership has been nationally recognized, contributing to multiple academic achievements. Northwestern Medicine is working to reduce stigma and integrate psychiatry within mainstream medicine.



**Lisa J. Rosenthal, MD**, chief of Consultation Psychiatry and associate professor in the Departments of Psychiatry and Behavioral Sciences and Medical Education and Northwestern Medicine

Discover Dr. Rosenthal's 2021 appearance on [Better Edge](#) where she discusses the Collaborative Behavioral Health Program at Northwestern Medicine, and how the program is helping to address behavioral health access challenges that many patients face.



**M BETTER EDGE**



# Mission Update Education

## ANNUAL DIVERSIFYING CLINICAL PSYCHOLOGY EVENT

Northwestern University Feinberg School of Medicine clinical psychology graduate students and faculty are collaborating with other clinical psychology PhD programs in the greater Chicago area to host the annual Diversifying Clinical Psychology Event

This event will offer an opportunity for undergraduate students and post baccalaureates to learn more about the field of clinical psychology and how to apply to PhD programs. The event will include presentations by clinical psychology program directors and faculty, panels by a diverse group of current graduate students and faculty, and time to network with students.

This event aims to support and engage students from historically underrepresented and minoritized groups in the field of clinical psychology and discuss initiatives related to diversity, equity, inclusion, and social justice. **This event will be completely virtual** and held on **Saturday April 6th, 2024**, with events scheduled from 9am-4pm.

FOR ANYONE INTERESTED IN LEARNING MORE ABOUT A DEGREE IN CLINICAL PSYCHOLOGY!

**SATURDAY  
APRIL 6  
2024**

VIEW SCHEDULE & REGISTER HERE:  
<http://myui.com/ChicagoClinicalPsych>

**DIVERSIFYING CLINICAL PSYCHOLOGY** A virtual day to meet with faculty and students from 8 different clinical psychology PhD programs in the Chicagoland area

Learn about the admissions/selection process for graduate school, program-specific information and training opportunities, and hear from current graduate students about their experiences.

A specific focus on diversity, equity and inclusion resources and initiatives will be emphasized throughout the day.

**M Northwestern Medicine**  
Feinberg School of Medicine

**LOYOLA**  
UNIVERSITY CHICAGO  
Planning ahead for your celebration class

**DEPAUL UNIVERSITY**

**SIU** Southern Illinois University

**NU** Northern Illinois University

**UIC** UNIVERSITY OF ILLINOIS CHICAGO

**ILLINOIS INSTITUTE OF TECHNOLOGY**

## PBS' ALL CLASS DAY FOR RESIDENTS

Psychiatry's All Class Day was a comprehensive event designed to enrich the residents' learning experience and foster a sense of community within the program. The day began with a program review led by **Drs. Angelotta & Patel**, followed by a creative and competitive activity called "The Great Brain Bake Off", where residents crafted play-doh replicas of the brain. **Andrew New, MD**, then delivered a presentation on verbal de-escalation tactics. The day concluded with a panel discussion featuring several experienced psychiatrists who shared insights from their careers, including mistakes made and lessons learned. The event ended with a casual gathering over pizza and bowling, providing residents with a well-rounded and engaging day of learning and camaraderie.





**CURTIS AUSTIN, MD**

Forensics

**Northwestern**



**DECLAN GRABB, MD**

Forensics

**Stanford**



**ESTHER SCHOENFELD, MD**

Forensics

**NYU**



**AUSTIN HOPKINS, MD**

Child & Adolescent Psychiatry

**University of North Carolina**



**ELAINE SHEN, MD**

Child & Adolescent Psychiatry

**New York Presbyterian Hospital**



**ALEX HISH, MD**

Child & Adolescent Psychiatry

**Northwestern**



**BRITTANY GOLDSTEIN, MD**

Consultation Liaison Psychiatry

**University of Washington**



*Congratulations to  
this year's residents  
on matching for  
their fellowship!*

HOW FAR THEY'VE COME!

# Graduating Class of 2024

PSYCHIATRY  
RESIDENTS  
PGY4



## Graduates

CYRIL APPIAGYEI, MD  
CURTIS AUSTIN, MD  
MARCUS BYRD, MD  
LUIS CARTAGENOVA, MD  
BRITTANY GOLDSTEIN, MD  
DECLAN GRABB, MD  
JASON ONUGHA, MD  
ESTHER SCHOENFELD, MD



Graduating Class of 2024

**M Northwestern Medicine**  
Feinberg School of Medicine

# PSYCHIATRY FELLOWS

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## Graduates

### FORENSIC PSYCHIATRY

NICOLE LENTINI, MD  
REUBEN HEYMAN-KANTOR, MD

### GERIATRIC PSYCHIATRY

RAZVAN POPESCU, MD

### ADDICTION PSYCHIATRY

KUNAL GHANDI, MD

### CONSULTATION-LIAISON PSYCHIATRY

JENNIFER BROCKMEYER, MD

### CHILD & ADOLESCENT PSYCHIATRY

JOHN ERNZEN, MD  
RAYMOND GONZALES, MD  
DAMIAN (DONGHO) GWAK, MD  
CHRISTY KY, MD  
JASLEEN SINGH, MD  
GARSENG WONG, MD



Graduating Class of 2024

Northwestern Medicine  
Feinberg School of Medicine

PSYCHOLOGY  
PHD STUDENTS

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Graduates

AMANDA NILI, MS  
CLAIRE WEAVER, MS  
EMILY FU, MS  
MATTHEW OLONOFF, MS  
TAWNY R. SPINELLI, MS





# SAVE THE DATE

2024  
COMMENCEMENT  
CEREMONY

**FRIDAY, JUNE 14TH, 2024**  
**5:00 - 7:00PM**

PRENTICE WOMEN'S HOSPITAL  
245 EAST CHICAGO AVENUE  
HARRIS FAMILY ATRIUM  
3RD FLOOR