STATE OF THE DEPARTMENT

I am delighted to once again have the opportunity provided by this column to welcome our new trainees, staff and faculty, as well as recognize our veteran trainees, staff and faculty for their many contributions. These are very exciting times. On a national level, we are faced with the uncertain challenges of the newly-adopted health care reform legislation and full-implementation of the limited duty hour requirements for our residents, whereas locally we will be adjusting to a reorganized outpatient faculty practice and, possibly, newly-appointed Dean. More than ever, we must articulate our values and define our Departmental goals and, to the fullest extent possible, let them dictate our futures, as opposed to succumbing passively to prevailing austere economic pressures. Thus, we must continue our strategic planning activities, which should be ongoing and continuous. I believe strongly that implementation of programs of specialized clinical services that reflect our translational focus is a viable strategy for efficiently aligning teaching, research and clinical interests. Like so many medical school Chairs throughout the country, I have concerns about the sustainability of an academic Department of Psychiatry in the current climate of Managed Care. However, I will not allow these concerns to dampen our enthusiasm for what we have already accomplished and will accomplish further in the future. Our specialized programs in Autism Spectrum Disorders and Therapeutic Brain Modulation have made us regional “Centers” of excellence in these areas; these programs serve as models for how our Department can organize and overcome challenges, while fulfilling its academic mission. The Department has recognized strengths in inpatient psychiatry, consultation psychiatry, emergency room psychiatry, psychopharmacology, neuropsychology, behavioral medicine and biofeedback, personality assessment, and cognitive behavior therapy, among several other areas of excellence. Within these areas of specialized expertise that cannot be easily duplicated by our community partners, there are opportunities for innovative research and new, profitable revenue streams. Our Department will be growing its expertise in geriatric psychiatry with the addition of Dr. Shriti Patel, an EVMS graduate with fellowship training in geriatric psychiatry who was jointly recruited with Sentara Norfolk General Hospital (SNGH). Dr. Patel will create a strong inpatient teaching service in geriatric psychiatry at SNGH, in addition to strengthening our affiliation with this important hospital partner. I must also take this opportunity to underscore how much we value our academic affiliation with the Hampton Veterans Affairs Medical Center. Indeed, it is in the Hampton VA that our residents learn how to become “doctors,” and our medical students receive exposure to clinical and teaching excellence while witnessing some of the severest presentations of the widest variety of psychiatric disorders. We are also both saddened and happy with Dr. Tuesday Burns’s decision to relocate to the New York City-area, saddened that she is leaving us and the loss we will be experiencing, but happy for her as she fulfills her family’s plans for the future that necessitated her personally difficult decision to relocate. This past academic year was a remarkably productive one, which has placed us on a good course for the upcoming academic year. Again, I am thankful to all of my colleagues and friends!

Stephen I. Deutsch, M.D., Ph.D., Ann Robinson Endowed Chair in Psychiatry Professor and Chairman, Department of Psychiatry and Behavioral Sciences
AUTISM SPECTRUM DISORDERS (ASD) PROGRAM UPDATE

ASD Program for Older Adolescents and Young Adults Update!

We have had a very successful first year. Our clinical program has seen approximately 70 patients for initial evaluations done primarily by Drs. Urbano and Deutsch. Dr. Hartmann, who is now the associate director of the ASD Program, has been administering multiple ADOS/ADI-R tests to our patients to clarify diagnosis and assist treatment planning. Drs. Ball and Stutts have been actively assessing strengths and weaknesses of our ASD patients to help clarify their educational and vocational needs. Dr. Sarah Deaver has been successfully working with ASD patients in establishing socially reciprocal and emotionally regulated relationships through the medium of art therapy. We are also happy to announce the addition of Dr. Michael Potter Henderson to our program. He is a child psychiatrist who has completed psychiatric training at both Yale University and University of Colorado. While Drs. Urbano and Deutsch are seeing patients older than 14 years, Dr. Henderson is working with patients 14 years and younger.

Our continuing medical education activities have been very productive. We have completed the first year of our ASD Quarterly Education Series. After Dr. Carol Schall delivered our inaugural...
ASD PROGRAM UPDATE (continued)

presentation on February 11, 2010, we have had four scholarly speakers. Dr. Peter Patrick, a
neuropsychologist from the University of Virginia spoke on executive function in ASD followed by
Dr. Paul Wehman from Virginia Commonwealth University addressing vocational issues in the
young adult ASD population. Our chairman, Dr. Deutsch, gave a presentation on an animal model
of autism with a sociability deficit that was successfully treated using a drug, D-Cycloserine.
Finally, Dr. JD Ball spoke on the interface between nonverbal learning disability and ASD. The
highlight of our CME activities was our first Insights into Autism conference on Feb. 11, 2011. It was
presented in collaboration with Drs. Harrington and Dozier of CHKD and sponsored by CHKD as
well. Our thanks to Dr. Judith Green and SECEP for generously supporting our conference as well.
The conference was attended by 129 participants and unfortunately due to space limitations, many
potential attendees were unable to attend. Three national speakers in the morning were followed by
workshops in the afternoon. Dr. Clara Lajonchere from the AGRE (autism genetic research
exchange) gave a presentation on the current status of genetic advances surrounding ASD. Dr.
Rebecca Landa from the Kennedy-Krieger Institute of John Hopkins University showed intriguing
film clips of the First Signs of Autism in young toddlers. Dr. Deutsch from EVMS presented an
in-depth presentation of the sociability deficit in the BalbC mouse animal model of autism and a
successful treatment of this deficit by administering D-Cycloserine. Afternoon workshops focused
on new technologies, art therapy interventions, psychiatric co-morbidities, psychopharmacologic
interventions, early diagnosis, and best educational practices.

Strides in the research arena have occurred as well. The ASD Registry which will serve as a
database for future studies has been approved by the IRB and is ready to begin consenting patients
to have their personal health information de-identified and entered into the registry. A translational
study of Dr. Deutsch’s successful treatment of the sociability deficit of the BalbC mouse with
D-Cycloserine is in the IRB approval process. This study has received $14,000 of support from the
Hampton Roads Foundation. A study looking at the psychiatric co-morbidities of ASD is in
preparation for submission to the IRB. Other grants have been written and sent to the
Organization for Autism Research and Autism Speaks.

Collaboration with our local and regional community partners is growing as well. Drs.
Hartmann and Urbano and psychology student Shannon Cray presented two workshops at our local
chapter of TASA on the transition age child with ASD to parents and family members. We are in
the very early planning stages of creating a social experience group for young adults in collaboration
with TASA and the Up Center. Dr. Urbano has forged a strong relationship with our colleagues at
the Autism Center for Excellence at VCU and is on the Board of Directors of that organization.
She also is active on the task force set up by ACE to improve early detection of ASD.

Our future is bright. We have planned our next ASD CME presentation for June 15th with a
presentation by Dr. Kathrin Hartmann on the role of the ADOS/ADI-R in clinical work. Additional
speakers will be scheduled for Sept and Dec of 2011 but have yet to be determined. Our second
Insights into Autism conference is scheduled for February 17, 2012. Save the date!

http://www.evms.edu/autism
RECENT RECOGNITION AND AWARDS

- **Dr. Jerome Blackman** was awarded the Henry and Page Laughlin Distinguished Teacher Award by the American Society of Psychoanalytic Physicians in Washington, DC on Oct. 2, 2010.

- **Dr. Richard Handel** was invited to join the editorial board of Psychological Assessment, an official assessment journal of the American Psychological Association covering the range of psychological assessment including personality, psychopathological symptoms, cognitive and neuropsychological processes, and interpersonal behavior.

- Effective July 1, 2011, **Dr. Richard Handel** will be promoted to Professor of Psychiatry and Behavioral Sciences.

- **Dr. Michael Stutts** was elected vice-chair of the Virginia Board of Health Professions in December, 2010.

ANNOUNCEMENTS

- EVMS Sleep Medicine opened recently on the sixth floor of Fort Norfolk Plaza, the medical office building adjacent to Williams Hall on the south campus. Sleep specialists are now providing patient care in a new state-of-the-art facility in Norfolk, 100% associated with EVMS. The new facility will also serve as a focal point for clinical research and education as well as providing treatment for all types of sleep disorders - including snoring, sleep apnea, restless legs, and insomnia. Please call (757) 625-0172 to reach the new office or check online at: [http://evmshealthservices.org/sleepmedicine](http://evmshealthservices.org/sleepmedicine).

- **Dr. Sarah Deaver** is the principal investigator of the following two studies entitled: “A study of art-based learning strategies in art therapy graduate education” and “Generating an art therapy research agenda: A Delphi study.”

- **Dr. Sarah Deaver** led a master supervision group called “Brainstorming about Research” at the American Art Therapy Association annual conference in November in Sacramento, CA.

- **Dr. Stephen Deutsch** was featured in a WVEC “Dialogue” broadcast on Sunday, April 3, 2011 regarding new research leads in Autism Spectrum Disorders. This segment may be viewed online beginning at the –6:00 mark at [http://www.wvec.com/community/dialogue/Dialogue-Va-Golf-Tournament-119171644.html](http://www.wvec.com/community/dialogue/Dialogue-Va-Golf-Tournament-119171644.html).
UPCOMING EVENTS

Wednesday, April 13, 2011
LECTURE: 12:00 PM - 1:00 PM   Hofheimer Hall Auditorium
Psychiatry Grand Rounds with:
Franklin J. Medio, PhD (Consulting Services for Health Professions; Past Associate Dean for GME/DIO, Medical University of South Carolina)
Remediation is NOT Punishment! How to Design an Appropriate Remediation Learning Plan

Monday, April 18, 2011
POSTER SESSION:  4:30 PM - 6:00 PM     Hofheimer Hall, Room 757
3rd Annual Psychology Division Research Day Poster Session
Beverages and snacks will be provided
Poster presentations will be judged for organization, topic knowledge, creativity, quality of the visual aids, oral and written summary, and stage presence. Recognition of the best poster presentation will be presented at the end of the session.

Wednesday, April 20, 2011
PSYCHOCINEMA:  6:00 PM - 9:00 PM     Hofheimer Hall Auditorium
Psychiatry Grand Rounds, sponsored by the Office of Continuing Medical Education
Psychocinema: Black Swan, starring Natalie Portman and Mila Kunis
* Please RSVP to Scheryl Chadwick at (757) 446-5881 or chadwis@evms.edu

Wednesday, April 27, 2011
POSTER SESSION:  4:00 PM - 6:00 PM     Hofheimer Hall, Room 751 and 752
Psychiatry Division Research Day Poster Session

Wednesday, May 11, 2011
LECTURE: 12:00 PM - 1:00 PM   Hofheimer Hall Auditorium
Psychiatry Grand Rounds with:
Tuesday Burns, MD (Assistant Professor, EVMS Psychiatry and Behavioral Sciences)
Women's Mental Health: Drug Treatment and Pregnancy

Wednesday, June 15, 2011
LECTURE: 12:00 PM - 1:00 PM   Hofheimer Hall Auditorium
Autism Spectrum Disorders (ASD) Program Quarterly Grand Rounds with:
Kathrin Hartmann, PhD (Associate Professor, EVMS Psychiatry and Behavioral Sciences)
What Can We Learn from the ADOS and the ADI-R in our clinical work?

June 2011 (Date and time to be determined)
Psychiatry Grand Rounds with:
Stephen I. Deutsch, MD, PhD (Chair and Professor, EVMS Psychiatry and Behavioral Sciences)
Update on Psychoneuropharmacology in Schizophrenia

July 2011 (Date and time to be determined)
Psychiatry Grand Rounds with:
Jerome Blackman, MD (EVMS Community Faculty, Hampton VA Medical Center)
Innovative Supervisory and Teaching Technique for Dynamic Psychiatry

August 2011 (Date and time to be determined)
Psychiatry Grand Rounds with:
Dr. Robert P. Archer, PhD, ABPP (Professor, EVMS Psychiatry and Behavioral Sciences)
Issues in Forensic Psychology

For more information regarding Grand Rounds, please contact Julie Irving at 446-7189 or IrvingJM@evms.edu
**RECENT EVENTS**

- December 10 - 16th Annual Leroy W. Davis Memorial Alcoholism Conference with Penny Ziegler, MD, Jonathan Lee, MD, and Mark Schreiber, MD entitled “Addressing Wellness and Health in the Alcohol Dependent Patient”
- December 14 - Grand Rounds presentation with Stephen I Deutsch, MD, PhD (Professor and Chair, EVMS Department of Psychiatry and Behavioral Sciences) entitled “Is the Genetically-Inbred Balb/c Mouse with Impaired Sociability and Altered NMDA Receptor-Mediated Neurotransmission an Animal Model of Autism Spectrum Disorders?”
- February 9 - Grand Rounds presentation with Phillip G. Janicak, MD (Professor, Rush University) entitled “The Emerging Role of Transcranial Magnetic Stimulation in the Treatment of Depression”
- February 16 - Grand Rounds Psychocinema presentation of “Temple Grandin” starring Claire Danes
- March 15 - Grand Rounds presentation with J. D. Ball, PhD, ABPP (Professor and Vice Chair, EVMS Department of Psychiatry and Behavioral Sciences) entitled “Where Nonverbal Learning Disability (NLD) Fits Into Autism Spectrum Disorder (ASD): Theory, Science, and Clinical Care”
- March 28 - Tobacco Use Cessation Clinical Update Series Audio Call presentation with Kathleen Stack, MD (Hampton VA Medical Center) entitled “Quit Smoking Efforts, Involve Everyone”

**NEW PERSONNEL**

We would like to recognize the following new employees:

**Julie Irving** (Administrative Support Coordinator to the Psychology Division) joined us on December 6, 2010 and previously was a Teacher’s Assistant in the Special Education Department at Great Bridge High School.

**Erin Winebarger** (Research Assistant) started on March 21, 2011 and came from Maryview Medical Center where she was a Clinical Information Manager/Physician’s Scribe. She will work in Dr. Deutsch’s lab.

We would also like to acknowledge **Emily Walsh** on her change to the position of Administrative Support Coordinator to the Psychiatry Division

**NEW ARRIVALS**

We would like to congratulate the following on the new additions to their families:

**Margarita Somova, MD** (Psychiatry Resident): Zoe Vodyanoy born on October 11, 2010

**Emily Walsh** (Administrative Support Coordinator to the Psychiatry Division): Lorelai Mackenzie Walsh born on February 23, 2011

**Kokil Chopra, MD** and **Kapil Chopra, MD** (Psychiatry Residents): Kiaan Aryan Chopra born on March 16, 2011
(Front row): Dr. Lisa Fore-Arcand, Dr. Brittany Canady, Dr. Serina Neumann, Dr. Abby Calisch, Rita Riddle, Emily Walsh, Amy Herndon, and Jessica Burket

(Second row - left side only): Missy Swoope, Dr. Stacie Otey-Scott, Tiffany Ingold, and Lakeisha Joyner

(Third row): Dr. Kathrin Hartmann, Dr. David Spiegel, Dr. Paul Sayegh, Dr. Stephen Deutsch, Tierra Ward, Leonore Okwara, David Elkins, and Matthew Bernier

(Fourth row): Dr. Richard Handel, Dr. Robert Archer, Dr. Barbara Cubic, Dr. Justin Petri, Dr. Michael Stutts, Karen Scott, Dr. Potter Henderson, Julie Irving, Dr. Sarah Deaver, and Dr. J.D. Ball
CHAIRMAN’S CORNER

Evidence-Based Psychiatry: Residents Must Know “How to Study a Study!”

Authors: Stephen I. Deutsch, M.D., Ph.D.
Richard B. Rosse, M.D.

There is both a moral imperative and an economic reality driving the adoption and demonstration of “evidence-based” practices, including such practices in Psychiatry. Our patients have the “right,” in addition to their implicit expectation, to know that the care that they are receiving enjoys the most empirical support of its effectiveness for a given indication. Thus, treatment selection must be informed by careful and critical review and evaluation of the literature; physicians, like attorneys, must be prepared to make the most compelling case in support of their treatment recommendations, supported by the preponderance of available evidence. To develop their cases, physicians must be able to efficiently access available informational resources in support of their daily practice of Medicine. More than simply accessing scholarly articles, physicians must be prepared to evaluate them; for example, they should be able to appreciate the question that was addressed by the study; know whether the study enjoyed a compelling rationale; understand the design, methods and statistical plan; and evaluate the results and their generalizability. Quite simply, they should be able to decide whether the study should inform their practice of Medicine. These skills are important not only because patients expect us to make informed decisions, but also because health care resources are limited, scarce and cannot be wasted on inefficient and less than the most fully effective interventions. Additionally and not unimportantly, the adoption and dissemination of the Internet means our patients can and do access the same information we do. Increasingly, our patients and their families are literate and informed consumers; they often know what the best available treatment is and when they are not getting it.

The challenge is how to teach “evidence-based” Medicine, which is not always familiar to senior faculty. In fact, some senior faculty may have a “hidden curriculum” that stands in opposition to the goals of instilling an “evidence-based” approach. The first author trained in a program whose senior faculty was over-represented by psychoanalysts and psychiatrists with practices largely devoted to psychodynamic psychotherapy. Not surprisingly, psychoanalytically-oriented psychotherapy with “modifications” was a common recommendation of his clinical supervisors for a variety of indications. In fact, back then, suggesting that clomipramine should be considered for presentations of obsessive-compulsive disorder could actually provoke hostile and harsh criticism. Additionally, many of today’s senior clinical faculty sometimes lacks the skills to assess many of the articles in epidemiology, psychiatric genetics, functional brain imaging, clinical psychopharmacology, cognitive neuroscience, and broad areas of biological psychiatry. Our residents are mandated to acquire this knowledge base and skills; our patients deserve nothing less.

There is another very real incentive to learn strategies for evaluating our “evidence-base” in Psychiatry. Very soon, outcome data on the performance of individual physicians will be published on the Internet; our patients will know how effective we are! The curriculum of the psychiatrist must be changed to meet the challenges of “evidence-based” and translational Medicine. Most immediately, didactic times allocated for journal clubs and Grand Rounds can be used constructively for this purpose. A journal club is a perfect opportunity to teach residents “how to study a study.”
PRESENTATIONS


Ball, J. D., & Peck, E. (Accepted for April, 2011). *Neuropsychology in Virginia Courts.* Three hour workshop presented to Virginia Psychological Association Meeting, Hot Springs, VA.


Deutsch, S. I. (2010, December). *Is the genetically-inbred balb/c mouse with impaired sociability and altered NMDA receptor-mediated neurotransmission an animal model of Autism Spectrum Disorders?* Grand Rounds presentation, Department of Psychiatry and Behavioral Sciences, Eastern Virginia Medical School, Norfolk, VA.


Stack, K. (2011, March). *Quit Smoking Efforts, Involve Everyone.* Presentation at the Tobacco Use Cession Clinical Update Series Audio Call, Hampton VA Medical Center, Hampton, VA.

PUBLICATIONS


Markam, P. T., Porter, B. and Ball, J. D. (in press). Effectiveness of a program using a vehicle tracking system, incentives, and disincentives to reduce the speeding behavior of drivers with ADHD. Journal of Attention Disorders.