STATE OF THE DEPARTMENT SUMMARY

Stephen I. Deutsch, MD, PhD — Ann Robinson Endowed Chair in Psychiatry
Professor and Chairman, Department of Psychiatry and Behavioral Sciences

I am delighted to have this opportunity to welcome newly selected trainees and staff to our Department, and thank my colleagues for their productivity and friendship over the past academic year. Importantly, we will work together during the upcoming academic year to articulate our mission as an academic Department of Psychiatry and Behavioral Sciences, which will be distilled into a collaboratively-developed strategic plan with a timeline for its accomplishment. Ideally, implementation of the strategic plan will facilitate efficient alignment of our critical tripartite mission of teaching, clinical care and research, which is not dissociable and should be fully integrated. Thus, as we evolve, trainees from a variety of relevant disciplines will participate and observe as faculty evaluate patients; moreover, in many instances, the patients evaluated and treated will be actively enrolled in protocols and the “subject” of faculty research interests. In addition to probable economic advantage, there is a moral imperative to pursue this alignment of our tripartite mission because, unfortunately, etiologies are unknown, pathophysiological mechanisms less than completely understood, and current treatments less than fully effective for most of the major axis I and many axis II psychiatric disorders. Additionally, patient outcomes and satisfaction are most often best in academic medical centers, where active programs of teaching and research exist. Fortunately, genuine friendship that individual faculty members feel toward each other characterizes our Department, as opposed to the “dysfunction” seen within many academic Departments of Psychiatry due to enmity and tension between faculty engaged in primarily teaching, clinical or research pursuits; all our faculty are valued, embrace our tripartite mission and contribute actively to its accomplishment.

Because of limitations of space, only a few items and accomplishments will be highlighted in this “Chairman’s Report.” Dr. Maria Urbano is to be commended for developing, launching and directing a specialized program for the assessment and medication management of older adolescents and young adults with autism spectrum disorders (ASDs). Dr. Urbano recognized the urgent need for the creation of this program in the Tidewater area, especially for persons with ASDs “transitioning” out of the educational system. Very importantly, Dr. Urbano’s program is a “platform” for teaching, clinical supervision, and research activities that serves as a paragon for accomplishment of the Department’s tripartite mission. Dr. Robert Archer is to be commended for expansion of his forensic activities and creation of a Forensic Evaluation Center. Drs. Paul Sayegh and David Spiegel are to be commended for strengthening our academic affiliation with Sentara Norfolk General Hospital; they have expanded and lead “EVMS” inpatient psychiatric and consultative psychiatric services. Dr. Tuesday Burns, a recently-recruited psychiatrist, has created an ECT service for our Department and is also working with Drs. Neumann and Urbano to enrich already-established collaborative ties with the Department of Obstetrics and Gynecology. Importantly, in the past year, Psychiatry has pursued collaborative projects and discussions with faculty in Biochemistry, Internal Medicine, Cardiology/Cardiac Surgery, and Neurology/Neurosurgery; these types of inter-Departmental collaborations are uniquely possible on the campus of an academic medical center and are major “satisfiers” for our faculty. In addition to our strong academic affiliation with Sentara Norfolk General Hospital, our Department enjoys an equally strong and enduring long-term affiliation with the Hampton Veterans Affairs Medical Center; the success of this affiliation is attributable to our outstanding on-site VA faculty, especially Drs. Gregory Briscoe, Priscilla Hankins, Alla-Eldin Mahmoud and Jose “Ed” Nieves. Clearly, the excellence of our teaching programs is dependent on the continued support of our VA faculty and I am hoping that this will be expanded to include research collaborations. We are also developing collaborations with the Portsmouth Navy Medical Center, which have been facilitated by the efforts of CAPT Gail Manos and CDR Joseph Clem, who are valuable members of our Community Faculty.

Finally, in addition to the happiness associated with the recruitment of our newest faculty members Drs. Tuesday Burns, Brittany Canady and Justin Petri, the Department must pause and acknowledge the impact and sadness associated with the retirement of Dr. Frank Kirchner from our full-time faculty. Dr. Kirchner is the region’s most outstanding child psychiatrist; he was invaluable to the teaching and supervision of our medical students and residents and will be sorely missed. On a very personal note, I am very happy that Dr. Lisa Fore-Arcand shared wonderful news with us; her courage, kindness and resilience were inspiring.
OPENING OF THE NEW AUTISM SPECTRUM DISORDERS PROGRAM

On Feb. 11, 2010, the Dept. of Psychiatry and Behavioral Sciences kicked off the new Autism Spectrum Disorders Program for Older Adolescents and Young Adults. Dr. Carol Schall, Ph.D., presented Grand Rounds that afternoon entitled "Serving Adolescents with Autism Spectrum Disorders and Their Families". Dr. Schall is an assistant professor at Virginia Commonwealth University with her doctoral degree in special education and disability policy. She is also the Director of the Virginia Autism Resource Center in Richmond, VA and is co-author with Drs. Paul Wehman and Marcia Datlow Smith of the book entitled *Autism and the Transition to Adulthood: Success beyond the Classroom*. The Autism Spectrum Program has been spearheaded and will be directed by Dr. Maria Urbano, Associate Professor of Psychiatry at EVMS. Dr. Urbano is a board-certified psychiatrist with more than 25 years experience in psychiatric assessment and treatment and has a Master Clinician Award in psychopharmacology from the Neurosciences Education Institute. Contact Dr. Maria Urbano with any questions at (757) 446-5888.

The new Autism Spectrum Disorders Program for Older Adolescents and Young Adults is geared toward individuals with Autism Spectrum Disorders (ASD). ASD are neurodevelopmental disorders that include autism, Asperger’s Syndrome and Pervasive Development Disorder Not Otherwise Specified. The core characteristics of these disorders are impairments in language and communication, problems in social interaction, and a restricted repertoire of activities and interests. As many as one in 90 people are diagnosed with ASD, usually in childhood. Unfortunately many who are on the spectrum remain undiagnosed which can cause debilitating consequences in their ability to be productive in their daily lives. For those individuals, diagnosis translates into understanding and the development of a plan to make their world easier to navigate.

Assessment of the person with ASD requires a multi-faceted approach, including investigation of any potential underlying medical problems, a neuropsychiatric clinical evaluation, and, at times, a complete psychological/neuropsychological assessment or other specialized assessments that may be helpful, such as an art therapy evaluation.

The EVMS ASD program offers a team approach from diagnosis to treatment utilizing several faculty from the EVMS Department of Psychiatry and Behavioral Sciences as well as a large network of existing providers in Hampton Roads. A significant component of the treatment plan is a careful and well thought out use of medications to alleviate symptoms and improve functioning in the core characteristics of ASD in addition to co-morbid diagnoses like depression and anxiety.

Treatment may also include social skills training and groups, individual therapy, driver education training, behavioral interventions, financial/legal consultation, and primary medical care.

We collaborate with the physicians at Children’s Hospital of the King’s Daughters to assist in overcoming barriers to the sometimes complex treatment of the transition age patients with ASD.

The treatment team consists of the following EVMS faculty: Drs. Stephen Deutsch (Professor and Chair), J.D. Ball (Professor, Vice Chair, and Co-Director of The Neuropsychology Center), Michael Stutts (Professor and Co-Director of The Neuropsychology Center), Kathrin Hartmann (Associate Professor), David Spiegel (Associate Professor), Abby Calisch (Professor and Director of The Art Therapy and Counseling Program), Sarah Deaver (Associate Professor), and Maria Urbano (Associate Professor and Director of the new Autism Spectrum Disorders Program).
**OPENING OF THE NEW FORENSIC EVALUATION CENTER**

The new Forensic Evaluation Center opened in early 2010, providing psychological evaluations with a forensic focus. These evaluations encompass Family Law, Criminal Court, and Civil issues. Forensic Psychological Evaluations are designed to provide evidence relevant to assist the court in deciding issues of law based on relevant legal standards. These evaluations are specifically designed to assess psychological aspects of legal issues, such as questions concerning the “best interest of the child” standard in custody evaluations. These evaluations and interviews are provided by Robert Archer, PhD, ABPP, Professor and Director of the new center. Dr. Archer is the author of over 175 articles and book chapters on psychological assessment issues and has authored/co-authored/editing 12 books including *Forensic Uses of Clinical Assessment Instruments* (Routledge Press, 2006). Dr. Archer also has over 250 hours of continuing education training in forensic psychology workshops and seminars approved by APA and his clinical work has been exclusively in the area of forensic evaluations since 2003. David Elkins, MS and Emily Walsh provide psychological testing and support services for the new center, respectively.

The scope of the Forensic Evaluation Center includes the following services:

**Family Law Issues:**
- Child Custody Evaluations
- Parenting Capacity Evaluations
- Evaluations to Assess Termination of Parental Rights and Reunification Cases

**Criminal Court Issues:**
- Juvenile and Adult Sexual Offender Assessments
- Evaluating the Credibility of Testimony of Expert Witnesses
- Assessment of Mitigating Factors and Pre-Sentencing Evaluations

**Civil Issues:**
- Personal Injury Evaluations
- Employment Screening/Fitness for Duty Evaluations
- Independent Medical Evaluations
- Workplace Violence Risk Assessment

The Forensic Evaluation Center at EVMS was established, in part, to meet the educational needs of professionals who are in training, including students from VCPCP, the Clinical Psychology Internship Program, and the Psychiatry Residency Program. The new center also provides continuing education opportunities for both attorneys and mental health professionals in Virginia as well as on a national basis. These educational programs include forensic evaluation seminars/workshops, clinical case conferences, grand rounds, continuing education programs, and supervision of student coursework. The new center also provides a research focus designed to expand the scientific knowledge base concerning psychological evaluations, including forensic research studies in collaboration with, or supported by, the University of Minnesota Press, the Norfolk Foundation, and the Virginia Department of Juvenile Justice.

Questions may be directed to ForensicCenter@evms.edu or by calling Emily Walsh at (757) 446-7189. You may also view www.evms.edu/Forensic-Evaluation-Center for more detailed information.
DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES FACULTY

DECEMBER 2009

Front Row: Drs. Serina Neumann, Lisa Fore-Arcand, Stephen Deutsch, Kathryn Hartmann, Maria Urbano, Brittany Canady, and Stacey Otey-Scott

Second Row: Dr. Abby Calisch, Mr. Matthew Bernier, Drs. Paul Sayegh, Sarah Deaver, David Spiegel, and J.D. Ball

Back Row: Drs. Barbara Cubic, Richard Handel, Michael Stutts, Robert Archer, Frank Kirchner, and Catesby Ware
UPCOMING EVENTS

Wednesday, April 7, 2010
PSYCHO CINEMA: 5:00 PM - 8:00 PM  Hofheimer Hall Auditorium
Psychiatry Grand Rounds, sponsored by the Office of Continuing Medical Education
PsychoCinema: The Squid and the Whale, starring Laura Linney and Jeff Daniels
Please RSVP to Scheryl Chadwick at (757) 446-5881 or chadwis@evms.edu

Tuesday, April 13, 2010
COMMUNITY VOLUNTEER SERVICE
The Department of Psychiatry and Behavioral Sciences has teamed with the Department of
Family Medicine to serve as volunteers to provide dinner for approximately 60
homeless individuals for the EVMS-sponsored Norfolk Emergency Shelter Team (NEST).
NEST is a coalition of local organizations that provides shelter and food for the homeless
during the winter months.

Wednesday, April 14, 2010
LECTURE:  12:00 PM - 1:00 PM  Hofheimer Hall Auditorium
Psychiatry Grand Rounds with:
Lena Kessler, MA and Karen Grippo, MA (Interns, EVMS Clinical Psychology Internship
Program)
Treatment Adherence
For more information, please contact Emily Walsh at 446-5888.

Monday, May 3, 2010
POSTER SESSION: 3:00 PM - 5:00 PM  Hofheimer Hall, Room 751
2nd Psychology Division Research Poster Session
Beverages and food 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.

Thursday, May 13, 2010
SEMINAR  8:30 AM - 3:30 PM  DoubleTree Hotel, 1900 Pavilion Dr., Virginia Beach, VA
Ofer Zur, PhD (Director, Zur Institute), William R. (Bill) Gibbs (James City County, VA
police officer in the Criminal Investigations Division), and Roopam Sood-
Khandpur, MD (Medical Director, St. Brendan’s Harbor at The Barry Robinson
Center)
Addicted Kids: From Internet and Technology to Alcohol and Drugs
Co-Sponsored by: Children’s Hospital of the King’s Daughters Department of Social Work,
The Barry Robinson Center, and EVMS Department of Psychiatry and Behavioral
Sciences
For additional information about this seminar, contact Elliott Levin at:
Elliott.Levin@chkd.org or you may register online at www.chkd.org/conferences.
**RECENT RECOGNITION AND AWARDS**

**Dr. Barbara Cubic**, Associate Professor, was elected President-Elect on January 1, 2010 for the Association of Psychologists in Academic Health Centers.

**Dr. Sarah Deaver**, Associate Professor, was elected and installed as a Director of the American Art Therapy Association Board of Directors in November, 2009.

**Dr. Paul Sayegh**, Assistant Professor of Psychiatry and Resident and Medical Student supervisor for the inpatient psychiatric unit at Sentara Norfolk General Hospital was recently named chairman of the Department of Psychiatry at SNGH.

The Department of Psychiatry has recently agreed with Sentara Norfolk General Hospital to expand its psychiatric consultation services under the leadership of **Dr. David Spiegel**, Associate Professor of Psychiatry. The greater scope of psychiatric services to the hospital should result in improvements in patient care and will enhance the educational experience of psychiatric residents, psychology interns, and medical students.

**RECENT EVENTS**

February 10, 2010 Grand Rounds with Stacie Otey-Scott, Psy.D. (Assistant Professor of Family and Community Medicine, EVMS), Adela Roxas, M.A. and Wrenn Carlson, M.A. (Psychology Interns, EVMS) entitled “Primary Care Psychology as a Consultation Model”

February 11, 2010 Grand Rounds with Carol M. Schall, PhD. (Assistant Professor, Special Education and Disability Policy, Director, Virginia Autism Resource Center, Virginia Commonwealth University) entitled “Serving Adolescents with Autism Spectrum Disorders and Their Families”


March 29, 2010 Workshop with Rodger S. Kessler, PhD, ABPP (Research Assistant Professor, Department of Family Medicine and Faculty Scholar in the Center for Clinical and Translational Science, University of Vermont College of Medicine) entitled “The Role of Psychology in the Patient Centered Medical Home: The Tasks on the Ground”

**FACULTY DEPARTURES**

Dr. Frank Kirchner will be leaving the Dept. of Psychiatry after many years of valued service. Dr. Kirchner came to EVMS as a full time faculty member after completing his child psychiatry fellowship in 1982. He is a Distinguished Fellow of the American Psychiatric Association as well as an Associate Professor in our department. He has been critically involved in our psychiatry residency program as a psychotherapy supervisor, major course director, didactic instructor in child psychiatry, as well as a site supervisor for residents who were able to join him in his role as child psychiatry consultant to the Chesapeake public school system as well as the Virginia Beach CSB. He has received both Instructor of the Year and Supervisor of the Year awards from the psychiatry residents. He has done a variety of presentations to regional and national organizations in collaboration with his faculty colleagues in the department of psychiatry. In 2008, Dr. Kirchner was awarded the APA’s Nancy C.A. Roeske, M.D., Certificate of Recognition for Excellence in Medical Student Education. He has also been very active on the Phoenix Committee assisting EVMS students. Fortunately, Dr. Kirchner will be continuing a number of these teaching roles as a community faculty member of our department.
PERSONNEL

We would like to recognize the following new employees:

Tony Babb, Intake Assistant - We are pleased to announce our new Intake Assistant, Tony Babb. Tony started on March 8th and previously worked at CHKD in the Child Abuse Program. Tony’s professionalism and organizational skills create a great team at the front desk.

Tuesday Burns, M.D., Assistant Professor - It is with great excitement that we announce Tuesday Burns, M.D. as a new faculty member, having joined our team on January 11, 2010. Dr. Burns studied at Brown University and attended medical school at Mount Sinai in New York where she was a recipient of a research scholarship in epidemiology. She completed her residency training at Harvard Longwood, where she was Chief Resident. Dr. Burns is board certified and her special interests include women’s issues including infertility, PMDD, perimenopause and perinatal issues. Additional special interests surround physicians and stress. Dr. Burns is a delightful, energetic physician, who will be a great addition to our faculty.

Brittany Canady, Ph.D., Assistant Professor – Dr. Canady joined our Department’s faculty team in the fall of 2009. She has a primary appointment to the Department of Physical Medicine and Rehabilitation and is co-appointed to the Department of Psychiatry and Behavioral Sciences. Our Psychology Division was heavily involved in recruiting Dr. Canady and is proud to report that she is already providing our clinical psychology interns with excellent supervision and is making herself available for clinical psychology practicum supervision within our Virginia Consortium Program in Clinical Psychology (VCPCP). Dr. Canady has expertise, experience, and post-doctoral training in behavior medicine and pain management and is now helping the PM&R Department build their pain management program.

Amy Herndon, Administrative Assistant - Amy Herndon joined us on April 5th as the new Administrative Assistant to the Department Chairman. Amy graduated from Liberty University in 2006 with a B.S. in Psychology (with a Concentration in Human Services) and is a member of the Academic Honor Society, Psi Chi. Amy previously worked as an office manager at Virginia Toy & Novelty in Virginia Beach.

Janelle Mason, M.A. - Janelle Mason joined The Neuropsychology Center staff in the fall of 2009 to provide psychological/neuropsychological testing technician and research assistant services. She has exceptionally good qualifications for this work as she is now completing her doctoral dissertation in clinical psychology through The Fielding Institute and has just completed her clinical psychology internship with us at EVMS. We have high expectations for her career and are fortunate that she has agreed to assist The Neuropsychology Center in this way during the final stages of her credentialing toward clinical psychology licensure. Janelle has already distinguished herself as a testing supervisor for interns and practica students in clinical psychology who rotate through The Neuropsychology Center and as a research assistant on a new project with funding from the Norfolk Foundation to investigate neuropsychological correlates of fetal cerebroventriculomegaly. We are thrilled to have her help!
PRESENTATIONS


Deaver, S. (2009). Facilitated the annual Research Roundtable at the American Art Therapy Association conference in Dallas, TX.


PRESENTATIONS (continued)


PUBLICATIONS


