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InPsych



Annual Meeting Draws Standing Room Only Crowd

Dr. Jeffrey Lieberman's presentation at the department's annual meeting on January 19th covered three major aims: developments in the past year, the current status of the department and plans for the department's future development. Probably the most anticipated part of the talk concerned the reorganization of the department's research divisions to facilitate the department's future development. The reorganization is the most significant change that the department has seen in years. This follows the revamping the department's administrative structure and leadership.

The restructuring of the research divisions is an "important component of our strategic plan for the department's development," Dr. Lieberman has said. He cited two primary reasons for the change: (1) to more effectively pursue scientific and clinical developments in the field and department priorities and (2) to provide better administrative support to the divisions and their faculty. The new structure, which will go into effect July 1, 2007, entails the establishment of 20 divisions organized around specific disciplines (e.g. Therapeutics, Epidemiology, Imaging) and discrete populations (e.g. Child, Geriatrics), and a division-based system of administration that will enhance efficiencies, improve grant submissions, pre- and post-award grants management, budgeting and personnel needs. In addition, the department has 16 centers with plans to establish four more.

"Change entails challenges but is necessary if we are to grow and develop. I am certain that our new organizational structure is for the better and will help us work more efficiently and enable our department to achieve our shared goals," said Dr. Lieberman.



Other changes affecting the department included incoming Governor Spitzer's appointment of Dr. Michael Hogan as Commissioner of Mental Health. He is a former Mental Health Commissioner of Connecticut and was most recently Director of the Ohio Department of Mental Health. Dr. Hogan is an exceptional choice and a strong research advocate, which bodes well for the future of the Psychiatric Institute and that of the state mental health care system. CUMC also welcomed its new Dean, Lee Goldman, MD, MPH to the post. Dean Goldman is a cardiologist with an

Continued on page 4

In This Issue

- 2.....New Recruits
- 3.....Research News
- 4.....Day-Long Symposium
Honors Don Klein
- 4.....An Evening with
Eric Kandel
- 5.....Awards & Recognitions
- 6.....Grant News
- 7.....Project COPE Revisited
- 8.....Building Awareness

Columbia Department
of Psychiatry

New York State
Psychiatric Institute

Michael Hogan, PhD Named Commissioner of Mental Health



"Governor Eliot Spitzer made an outstanding choice in naming Mike Hogan as our new commissioner of the Office of Mental Health" said Chairman and Director Jeffrey Lieberman. "We are very lucky because he is really among the very best public mental health administrators in the country", Dr. Lieberman continued. "I've served with Dr. Hogan on several committees including the NIMH Advisory Council. Others at Columbia Psychiatry have known and worked closely with him for nearly 20 years. Mike is a smart, creative and dedicated public official and has long been a national leader in mental health care and policy. "

Dr. Hogan was tapped in 2001 to chair the President's New Freedom Commission on Mental Health, which laid out an ambitious reform agenda. He served as mental health commissioner in Ohio for 15 years and

before that was commissioner in Connecticut. Dr. Hogan was born and raised in the Albany area so his new position brings him back home. Educated at Cornell and Syracuse Universities, Commissioner Hogan originally focused on disability and special education. In a recent interview he shared some of his views and his agenda as Commissioner of the Office of Mental Health.

Dr. Hogan served for several years on the NIMH Advisory Council, which reviews all research funded by the federal institute. This experience strengthened his understanding of the linkage of science to services. He describes himself as a "practitioner with an abiding belief in the potential of research to improve care...a potential that in almost all of my experience has been unfulfilled. Yet I am still optimistic; with the unsurpassed resources that we have in New York, I have high hopes." He elaborated: "the underlying problems in New York's

Continued on page 5



Message from the Chairman and Director

Over the first two years of my Chairmanship a strategic development plan for Columbia Psychiatry and PI was carefully formulated. The goal of the plan is to sustain what is great and add what is needed to make us better and to reach our potential. Above all it seeks to enable us to better fulfill our mission to ease the burden of mental illness to the citizens of New York State.

Last year we revamped the senior leadership team for Columbia Psychiatry and PI with the appointment of seven vice chairs and of Laurie Flynn as Director of External Relations.

New faculty with specialized expertise have been recruited and several searches are in progress and others completed. The search for Dr. Robert Glick's successor as Director of the Columbia University Psychoanalytic Center has led to the selection of Dr. Eric Marcus. A new Director of Biostatistics, Dr. Naihua Duan, has been recruited and with him we are revamping and expanding that division.

We have reorganized the divisional structure and consolidated 34 divisions into 20. We are currently reviewing the centers and clinical services within the department. Finally, we have initiated a development campaign to acquire resources that will support the ambitious goals for the department. The carefully orchestrated implementation of the strategic plan will continue for the balance of this year. At that point we will be better optimally positioned to pursue our future and fulfill the promise of this great institution.



Maria Karayiorgou

Dr. Maria Karayiorgou, neurogeneticist and former head of Rockefeller University's Laboratory of Human Neurogenetics, joined the faculty in July 2006. She now heads the Laboratory for Molecular Genetics in the Lieber Schizophrenia Research Center. Dr. Karayiorgou has made significant contributions to the field of psychiatric genetics. More than 10 years ago she and her colleagues discovered that microdeletions on chromosome 22 are associated with a staggering increased risk to develop schizophrenia. This discovery paved the way to a large number of follow-up studies from her lab and other labs designed to understand the genetic and biological basis of the increased schizophrenia risk. It also serves as a model for understanding the recently emerged important role that structural variation in the genome plays in the genetics of complex psychiatric disorders.

Work from Dr. Karayiorgou's lab has helped identify four strong candidate susceptibility genes for schizophrenia and the first strong susceptibility gene for obsessive-compulsive disorder. She is currently collaborating with Dr. Joseph Gogos (a faculty member of the Department of Physiology at Columbia) to understand the function and biology of these genes using sophisticated mouse genetics approaches. This collaboration has resulted in the generation of some of the first accurate and reliable genetic models of human psychiatric disorders.

Her current research also focuses in part on genetically homogeneous "founder populations," which are ideal for identifying genetic variation contributing to complex psychiatric disorders. Dr. Karayiorgou's work with one such founder population, the Afrikaners, descendants of South African settlers originally from the Netherlands and other parts of northern Europe, has yielded discoveries that may prove valuable in identifying more candidate genes.

Dr. Karayiorgou has a medical degree from the University of Athens, Greece and did her postdoctoral studies in human genetics at MIT. She has received several awards, including the Irma T. Hirschl, the EJLB and the NARSAD Young Investigator award.



Alice Medalia

A leader in the field of psychiatric rehabilitation, Dr. Alice Medalia joined the department as Director of Psychiatric Rehabilitation Services on January 1, 2007.

She was actively recruited in part because of her expertise in behaviorally based treatments for the cognitive and motivational symptoms associated with severe psychiatric conditions. Dr. Medalia is dually trained as a Neuropsychologist and Clinical Psychologist, and from 1981 until 2007 worked at Albert Einstein College of Medicine, where she held the titles of Professor of Clinical Psychiatry and Neurology, and Director of Neuropsychology.

She developed Neuropsychological Educational Approach to Remediation or NEAR, an evidence based model of cognitive remediation that incorporates educational and motivational theory to enhance learning. Dr. Medalia lectures worldwide, training mental health professionals to establish effective cognitive remediation programs and to incorporate motivational approaches into rehabilitation services.

"My primary clinical objective is to consult with all department-affiliated clinical services to enhance cognitive and related rehabilitation skills programming," said Dr. Medalia. "With regard to research, I plan to collaborate with research groups to study the issues relevant to effective treatment of neuro-cognitive deficits and enhancement of functional outcome in psychiatric populations."

In 1998, she started an annual conference, Cognitive Remediation in Psychiatry, which serves as a forum to gather clinicians, researchers and administrators interested in promoting evidence based treatment of cognitive dysfunction. Her research interests generally pertain to the treatment of cognitive disorders in psychiatric conditions, and the multiple factors that affect a positive functional outcome. A graduate of Tufts University and the City University of New York, she has over 60 publications, including a handbook for families, *Dealing with Cognitive Dysfunction Associated with Psychiatric Disabilities*. It has been translated into several languages and is the most widely disseminated publication available on the topic.



Susan Essock

Dr. Susan Essock joined the department as Director of the Division of Mental Health Services and Policy Research in January 2007. Prior to assuming this role, she was Director of the Division of Health Services Research in the Department of Psychiatry at Mount Sinai School of Medicine. Dr. Essock will retain her title of Senior Research Scientist at the Connecticut Department of Mental Health and Addiction Services where she has conducted policy relevant mental health services research for many years.

Major Gift to Fund Lieber Center Expansion



Columbia University Medical Center has announced the expansion of the Lieber Center for Schizophrenia Research, made possible through the generosity of benefactors, Mr. and Mrs. Stephen Lieber and the Essel Foundation. The Liebers' \$9.2 million gift will be distributed among research

initiatives, a Translational Therapeutics Professorship, and the new Lieber Clinic for Comprehensive Care. The Lieber Center will utilize cutting-edge research technologies to identify genetic mechanisms and produce novel medications for disorders of brain development such as schizophrenia and autism. In addition to its research program, the Center will launch the Lieber Clinic—the first of its kind in the country—to provide the newest methods of diagnostics and therapeutics in the context of comprehensive care for patients and their families.

“The Center will enable groundbreaking research to be translated swiftly into clinical care for patients with mental illness,” said Jeffrey A. Lieberman, M.D., Chair of the Department of Psychiatry and Director of the Lieber Center. “The outstanding support of Connie and Steve Lieber provides a wonderful foundation for making the Center the model for the future.”

The Lieber Center was established as a modern scientific multidisciplinary program in schizophrenia research in the Department of Psychiatry at Columbia University in 1999. The Liebers' funding provided the infrastructure for schizophrenia research and treatment and helped leverage millions in NIH support for schizophrenia research. In addition, Lieber Center investigators have successfully competed for grants from NARSAD.

“Disorders of brain development, such as schizophrenia, affect more than four million Americans and are among the most vexing and tragic,”

explained Lee Goldman, M.D., Executive Vice-president of Health and Biomedical Sciences and Dean of the Faculties of Health Sciences and Medicine. “Our goal is to make the Lieber Center the very best in the world and the prime destination for anyone who has serious mental illness—and thanks to the Liebers' generosity, which will enable our talented scientists to bring new treatments to people afflicted with these devastating disorders, Columbia is well on the way to achieving this goal.”

“Connie and I are impressed by the talent and dedication of Dr. Lieberman and his team,” says Stephen Lieber. “To conduct the kind of research that will improve treatment options and quality of life, you need a coordinated effort that forges collaboration between world-class basic scientists and clinical researchers who are on the frontlines of patient care. We see this at Columbia and we are looking forward to seeing novel treatments as a result.”

“Columbia has a stellar research program and we are confident that the Lieber Center will be the best in the world,” says Connie Lieber. “The Lieber Center has become a shining beacon of hope for mental health care,” says Dr. Lieberman. “We have the opportunity to achieve unprecedented progress in translational research, while, at the same time, provide the best clinical care in the world to patients with schizophrenia and related disorders.”

“It was five years ago that the existence of the Lieber Center and my personal friendship with and respect for Connie and Steve Lieber drew my interest to research on schizophrenia,” said Dr. Kandel, University Professor and winner of the Nobel Prize in Medicine. “The animal models that Christoph Kellendonk and Eleanor Simpson produced in my lab, stimulated by our interactions with Anissa Abi-Dargham in the context of the Lieber Center, have proven extremely informative for the field and very exciting for me. As a result I now plan to devote a significant portion of my research to schizophrenia and to the very promising collaboration with Jonathan Javitch. The Liebers have every reason to be proud of the faith they have invested in Columbia and in the Lieber Center. I feel privileged to be part of it.”

Columbia Psychiatry Launches Clinical Trials Website

Recruitment of volunteers for research has always been a challenge for researchers. The issue is certainly not unique to our department as research entities in the city compete for a limited number of potential research participants.

In an effort to both increase recruitment and enhance our ability to track research participants in the system, the department recently announced the creation of a new clinical trials website. The system boasts a sophisticated search mechanism where potential participants can access information about studies ideal for them. If a participant fails to qualify for one study in depression, for example, they are directed to other open studies. With all that our department has to offer in terms of various types of research in numerous disorders there's a greater likelihood of interested persons finding a match for their needs.

Dr. David Hellerstein, the site's developer, believes that no other psychiatry department has a site with the capacity to link participants to currently active studies rather than the list of usually outdated research protocols web searches typically generate.

“What we have is a one-stop shopping resource of sorts where people have ready access to state-of-the-art evaluations with world-renowned experts, many of whom are studying cutting-edge treatments,” he said. Easy to use, clinicians, patients and family members can avail themselves of the low-cost treatment options—including medication, psychotherapy, or other approaches—many research studies provide. For many people with a psychiatric disorder, the best option for care is in the context of a research study. For them and the physicians who treat them, the Columbia Psychiatry Clinical Trials Website is a new gateway to treatment that is often offered after research is completed. The site also has a useful link to our experts' profiles as well as their responses to frequently asked questions about a variety of psychiatric disorders.

This is a great opportunity for researchers engaged in clinical trials as well as observational studies to reach more potential research participants and their families, especially those who are technologically savvy.

Investigators who are interested in learning more are encouraged to visit the site at http://sklad.cumc.columbia.edu/psychiatry/clinical_trials/search.php. They may also call Dr. Hellerstein at (212) 305-9076.

Day-Long Symposium Honors Don Klein, Former Deputy Director for Research & Director of Therapeutics



After an amazingly productive 30 years in the department, Dr. Donald Klein officially retired on October 20, 2006. A day-long symposium in his honor brought friends and colleagues from research, industry and advocacy to NYSPI to celebrate his contributions to psychiatry. Among those who presented were Eric Kandel, Max Fink of the State University of New York at Stony Brook, Jonathan Stewart, Daniel Pine of NIMH, Herbert Pardes of New York-Presbyterian, Gerri Schwartz of Merck and Mary Guardino, Founder and Executive Director of Freedom from Fear.

The author of many seminal papers on pharmacological treatment, Don is a living legend, who is widely acknowledged as the foremost leader in bringing the study and treatment of panic disorder to the forefront of anxiety research. Dr. Pardes credited him with the Institute's evolution into a force in psychiatric research. His work touched the lives of many patients who thrived under his expert clinical care and colleagues who he mentored and challenged relentlessly thereby fostering their scientific development.

An Evening with Eric Kandel



The inaugural event in the series "Dialogues in Science" sponsored by the Columbia University Department of Psychiatry was attended by over 50 special friends and supporters of the department on February 13. The event, hosted by Department Chairman Jeffrey Lieberman, featured a dialogue between Dr. Eric Kandel, our Nobel Laureate, and Sharon Begley, Senior Editor at Newsweek. After the discussion, Dr. Kandel autographed copies of his bestselling book *In Search of Memory* for our guests.

Annual Meeting Draws Standing Room Only Crowd (continued from page 1)

accomplished research career in health outcomes research. Prior to joining Columbia, he was the Julius R. Krevans Distinguished Professor and Chair of the Department of Medicine and Associate Dean for Clinical Affairs of the School of Medicine at the University of California, San Francisco.

Dr. Lieberman also welcomed new faculty: Paul Appelbaum, Susan Essock, Maria Karayiorgou, Alice Medalia, Harold Pincus, Moira Rhynn and Kathy Shear joined the department in the past year. He described ongoing recruitments of Directors of Biostatistics, Child and Geriatric Psychiatry and also a joint recruitment with the Columbia Neurosciences Initiatives in Developmental Neuroscience.

The department received a number of acknowledgements of its research, clinical and training expertise. Last year, Columbia and NYSPI through RFMH combined were awarded \$67 million in NIH grants, second in national rankings of NIH grant awards. Regional (*New York Magazine*) and national (*US News and World Report*) rankings according to specialty placed us first in the region and third nationally. The residency training program, led by Drs. Ronald Rieder and Melissa Arbuckle, was re-accredited for five years and has demonstrated outstanding success in recruiting residents.



To position the department for growth and to keep pace with the future developments in our field, Dr. Lieberman outlined several key objectives in his report. Research initiatives will focus on autism, cognitive neuroscience, genetics, geriatrics and schizophrenia while bolstering support services

like biostatistics, imaging and animal care. Researchers involved in clinical trials will get additional support thanks to plans for space at the Columbus Circle. Clinical initiatives at NYSPI comprise reorganizing the inpatient units and clinics, and improving patient recruitment. In addition, the department will see some much needed expansions in clinical space as well as staffing at the medical center and hospital. The East 60th Street site will implement new programs, two of which are substance abuse treatment and services for the chronic and severely mentally ill. Education and training goals include the establishment of a Resident Research Seminar; the implementation of a research track which allows for up to 15 months of research time during training, including up to three months in the first year of residency; and a review of the undergraduate curriculum.

Gifts from department benefactors will also greatly enhance the department's research strengths: Connie and Stephen Lieber's generous contribution to the Lieber Center for Schizophrenia Research will support new initiatives including the launch of a comprehensive care clinic at its East 60th Street. Thanks to a generous gift from the Lyme Disease Foundation, Inc. and Time for Lyme, Inc., the Lyme and Tick-Borne Disease Research Center at Columbia will be fully realized starting with its launch this summer.

Dr. Lieberman indicated that the future is bright but to meet the challenges of an evolving field and society, we must build on our strengths, recognize scientific opportunities and clinical imperatives and, above all, remain open to change.

Awards & Recognitions

Maria Oquendo has been appointed to the APA Work Group that will review the new treatment guidelines for Bipolar Disorder to be published in 2009. This workgroup has eight scientific members from around the country and will be launched at the APA in May.

CBS News' Depression campaign—which was largely successful due to the contributions of our department's experts in major depression and postpartum depression—was submitted for the Peabody Awards. The Peabody are annual international awards given for excellence in radio and television broadcasting on par with the Pulitzer. **David Kahn** was instrumental in securing experts' participation.

Allegra Broft has been selected as the 2007 Janssen Fellow in Translational Neuroscience Research. This is a 2-year stipend award starting July 1, 2007. Her project is entitled "Imaging of dopamine systems in bulimia nervosa", and her mentors are Drs. Timothy Walsh and Ramin Parsey.

Jay Gingrich was one of three recipients of the Roche/Nature Medicine Prize for Translational Neuroscience. To be considered for the awards, each recipient must be a recognized investigator in the field of

translational neuroscience with a focus on neuropsychiatry, as well as a major contributor of either preclinical or clinical findings to the understanding of the pathophysiology of neuropsychiatric disorders.



The American College of Neuropsychopharmacology (ACNP) each year awards membership to researchers who have demonstrated investigative skill and have made worthy contributions to the field of neuropsychopharmacology. The latest inductees from the Department of Psychiatry are: **Alan Brown, Jay Gingrich, Brad Peterson, Carl Hart** (Associate, pictured) and **Margaret Haney** (Associate).



On November 2, 2006, **Anke Ehrhardt**, the HIV Center's director, was one of a number of guest speakers to receive San Francisco State University's Outstanding Research in Human Sexuality honor. The award ceremony marked the university's first Annual Champions of Sexual Literacy Awards. Other recipients of the award were two former Surgeon Generals of the United States, Drs. David Satcher and Jocelyn Elders.

Michael Hogan, PhD Named Commissioner of Mental Health (continued from page 1)

mental health system are systemic, and perhaps not ones that research can easily address: there is no organized responsibility for consumers/patients, care is discontinuous, and rehabilitation is lacking. But much can be done to address quality and perhaps new approaches to the core problems can be crafted."

Given the challenges of reform in the health care system, what can PI do to support OMH in its mission on behalf of public mental health? How can research help strengthen the process of change? Dr Hogan recounted several examples and observed: "the science to services cycle is often thought of, simplistically, as a process whereby research results inform what practice and policy should be. But so far, we don't have much evidence that things actually work like this—a perspective that is strengthened by Sherry Glied of Columbia and Richard Frank of Harvard in their new book *Better But Not Well*. They point out that improvements in the technology of care have contributed relatively little to the somewhat improved welfare of people with a mental illness over the past 50 years. But I've had experiences where researchers could help with policy dilemmas in a 'win-win' fashion."

Several of these experiences for Dr. Hogan involved collaborations with Susan Essock (Director of PI's new Division of Mental Health Services and Policy Research) in Connecticut. One involved reframing a management dilemma about how to ration scarce clozapine resources in Connecticut state hospitals. "Dr Essock pointed out that a randomized trial would both solve the 'fairness' question that advocates were concerned about, and provide information to secure more resources," said Hogan. Another use of research in support of good policy involved concerns about Assertive Community Treatment (ACT). This innovation was seen by some as "too expensive" and by others as a threat to established practice. In this case as well, conducting a study of ACT implementation helped address the practical concerns while adding knowledge. "I think the deepest way to capitalize on the extraordinary OMH/PI collaboration is to have it be a genuine partnership," said Commissioner Hogan.

Certainly there are many critical policy issues and program adaptations at play in New York now, he concluded. These are opportunities to build collaboration. For example, PI hosted a session in April to help construct a legislatively required evaluation of the impact of our new mental health parity legislation, Timothy's Law. "If we work as partners, the right shared priorities will emerge. We also have a shared opportunity to reduce the burden of mental illness by educating the public, and thus attacking stigma. OMH should work with PI to communicate better both the outcomes of research and its implications to improve the well-being of the citizens of New York."

Columbia/PI Stop on Federal Parity Campaign



Rep. Charles Rangel (D-NY) joined Rep. Patrick Kennedy (D-RI) and Rep. Jim Ramstad (R-MN) at a special field hearing on parity coverage for mental and addictive disorders on Friday, March 16th, 2007. The three-hour-long public meeting, held in PI's Hellman Auditorium, drew over a 100 visitors. More than a dozen witnesses gave testimony. Among them were Dr. Jeffrey Lieberman, Chairman of Columbia's Department of Psychiatry and Director of the NYS Psychiatric Institute; Dr. Herbert Kleber, Chief of the Division of Substance Abuse; Dean Lee Goldman, who welcomed the congressional leaders and participants and underscored the importance of equity in health care; and Tom O'Clair who built a grassroots movement to make New York's Parity Law called "Timothy's Law" a reality.

Looking to the Future, Dept. Plans Geriatric Policy Scholars Program

A rapidly aging American population is making big demands of businesses and policymakers and research departments are no exception. According to the Department of Health and Human Services' Administration on Aging, "People 65+ represented 12.4% of the population in the year 2000 but are expected to grow to be 20% of the population by 2030." As this group grows so too does the number of elderly mentally ill. For marginalized groups like ethnic and racial minorities and the mentally ill, who have minimal access to resources, increasing age exacerbates already existing problems. To keep ahead of the curve, Dr. Harold Pincus, Vice Chair for Strategic Initiatives, is overseeing the development of the Clinical Geriatric Policy Scholars Program, funded by a one-year planning grant from the Atlantic Philanthropies.

The program is part of the larger, ambitious plan by Department of Psychiatry Chair and NYSPI Director Dr. Jeffrey Lieberman to carve out a significant niche in the department dedicated to geriatric psychiatry research and clinical care.

Drs. Pincus and Phuong Huynh, Deputy Director of the Scholars Program, are aware of the concerns the new demographic trend poses. There is an urgent need to engage geriatric professionals in the policymaking process.

"It is important to give researchers and practitioners the skills to help them use their findings and experience to inform the policymaking process," said Dr. Huynh.

According to Dr. Pincus "A wide array of policy fellowships, scholarships, and grants provide scientists and practitioners from numerous disciplines and professions with experience in health policy, policy analysis, and advocacy." However, no other program specifically targets geriatric professionals.

Dr. Pincus will present program models for consideration by the Atlantic Philanthropies Board in September. It is anticipated that the first class of scholars will be chosen by the fall of 2008.

New Grants:

American Foundation for Suicide Prevention

Victoria Arango: *Studies of Corticotropin Releasing Hormone in the Amygdala of Suicide Victims*

Victoria Arango/Helen Bach-Mizrachi: *Colocalization of 5HT1A Autoreceptors & Serotonin Transporter w/TPH2 MRNA in the Brainstem of Suicide*

Loubna Erraji-Benchekroun: *Gene Expression Changes in the Dorsal Raphe Nucleus of Suicides*

Madelyn Gould: *Teenage Bullying as a Risk for Later Depression and Suicidality*

John Mann and Elizabeth Sublette: *Pilot Study of Essential Dietary Polyunsaturated Fatty Acid*

Mark Olfson and Adam Kaplan: *Effectiveness of a Suicide Screening & Mental Health Program in Adolescents*

AMFAR

Alex Carballo-Dieguez: *Development of a Standard Rectal Microbicide Delivery Device*

Joanne Mantell: *Anal Sex Practices among South African Women and Men*

APSYA

Christina Mangurian: *Patient Knowledge About the Metabolic Syndrome—A WHCS Patient Study*

AstraZeneca

Karen Duff: *In Vivo Efficacy Studies with the Compounds AR1 and AR2*

Atlantic Philanthropies

Harold Pincus: *Developing a Clinical Geriatric Policy Scholars Program*

Cyberonics

Sarah Lisanby: *Randomized Comparison of Outcomes in Patients with Treatment-Resistant Depression who Received VNS Therapy Administered at Different Amounts of Electrical Charge*

Food and Drug Administration

Madelyn Gould: *Sudden Death and Use of Stimulant Medication in Youth*

Greenwall Foundation

Paul Appelbaum: *Voluntary Decision Making About Participation in Human Subject Research*

Hope for Depression Research Foundation

Peter Freed: *Effects of Opioid Agonists on Sadness & Attentional Bias in Bereavement*

NARSAD

Marianne Gorlyn: *Neuropsychological Predictor of Antidepressant Treatment Response in Suicide Attempters*

Salomao Segal: *Neurochemistry, Neurophysiology & Behavior of Deep Brain Stimulation*

National Human Genome Research Institute

Robert Klitzman: *Views and Approaches Toward Research Integrity Among IRBs*

National Institute of Mental Health

Paul Appelbaum: *DVD Consent for Research in Older Schizophrenia Patients*

Paul Appelbaum: *Effectively Implementing Psychiatric Advance Directives*

Gordon Barr: *Amygdala Gene Expression: Learning in a Sensitive Period*

Gerard Bruder: *Subcontract w/NYU: Olfaction and Social Function in Schizophrenia*

Michael Devlin: *Cognitive Effects of Bariatric Surgery*

Alex Dranovsky: *The Contribution of Adult-Born Neurons to Hippocampal Structure and Connection*

Kimberly Hoagwood: *Developing Center: Implementing Evidence-Based Practices for Children*

Rachel Marsh: *Self-Regulatory Control & Habit Learning in Adolescents with Bulimia Nervosa*

Holly Moore: *Proliferation, Neural Specification and Brain Function*

Michael Myers: *Prenatal Alcohol in Sudden Infant Death Syndrome and Stillbirth (PASS) Network*

Elizabeth Pappadopulos: *ADHD Medication Adherence: A Parent-Provider Intervention Modeled from HIV*

Helen Blair Simpson: *Maximizing Treatment Outcome in OCD; Imaging the Serotonin System in Obsessive-Compulsive Disorder*

Arielle Stanford: *Negative Symptoms of Schizophrenia – From Phenomenology to Targeted Treatment*

Milton Wainberg: *RCT of a Brazilian HIV Prevention Intervention for the SMI*

Christoph Wiedenmayer: *The Prefrontal Cortex: Responses to Threat in Early Life*

National Institute of Neurological Disorders and Stroke

Karen Duff: *Pathological and Functional Impact of Tauopathy In Vivo*

National Institute on Drug Abuse

Carlos Blanco: *Substance Abuse in U.S. Hispanics: A National Study*

Sandra Comer: *Sustained-release Naltrexone for Opioid Dependence: Longitudinal Study in Humans*

Frances Levin: *Combined Pharmacotherapies for Cocaine Dependence*

Edward Nunes: *Opiate Dependence: Combined Naltrexone / Behavior Therapy*

NYSTAR

Sarah Lisanby: *Shaping the Future of Therapeutic Neuromodulation*

Pfizer

Lawrence Maayan: *Open Label Feasibility Study of the Treatment of Psychotic Adolescents with Ziprasidone in the Inpatient and Day Hospital Settings*

RFMH

Cristiane Duarte: *Violence & Mental Health – Children of First Response*

Gail Wasserman: *New York State Youth Suicide Prevention & Early Intervention*

Sintel, Inc.

Richard Sloan: *Mobile Heart Health Platform Study*

Spunk Fund

Yuval Neria: *Traumatic Grief of Victims of 9/11*

Project COPE Revisited



The profile of the individuals who have received help from Columbia experts through Project COPE is varied: There is the 36 year-old lieutenant who came to the program for increasing anxiety about an impending terrorist attack. He had anxiety about being separated from his wife and children should another attack occur. During 9/11 his children were located near the towers and for a prolonged period of time he did not know of their whereabouts. There is the 15 year-old daughter of a police sergeant who sought treatment about six months after the terrorist attacks. Her complaints were extreme fear of getting a disease through biochemical means. She was later diagnosed with panic disorder, which clearly seemed triggered by the attacks. Her first one occurred on September 11. Her panic attacks made her want to be with her father all the time and he sometimes took her to work.

Like everyone the world over, Columbia Psychiatry paid close attention to the recovery efforts following the attack on the World Trade Center. Our departments' experts were quick to note the vulnerability of first-responders like New York City's firefighters and police officers. The COPE-Columbia Cares Program, also known as Project COPE, was the result of collaboration with the New York City Police Department, the New York City Police Foundation and Columbia University Medical Center (CUMC). Beginning in 2002, Project COPE provided NYPD employees with educational workshops, individual, group and family counseling services at Columbia, 24-hour help line staffed by trauma experts as well as stress management sessions at NYPD facilities.

With the support of Police Foundation, the program was able to target the unique stressors faced by police officers. Addressing those stressors, though, was difficult at first given the public perception of stoicism on the part of officers and the culture of the NYPD, which includes a reluctance to seek mental health services.

"I think the events of 9/11 significantly challenged public perception regarding our police officers," said Dr. Ellen Stevenson, Clinical Director of New York Presbyterian Hospital Services and CUMC Clinics. "Such a large group of New Yorkers, including those who never before interacted

with a mental health expert, sought out treatment. This was an extremely traumatizing event, particularly for those in the midst of it." In addition, in November of 2001 American Airlines Flight 587 crashed on its way to the Dominican Republic, which made further demands of some 9/11 first responders. As if to add insult to injury, the crash occurred in Belle Harbor, Queens a neighborhood with a large NYPD population. Certainly, this cascade of events warranted an intervention. After initial wariness, officers opened up. Word of mouth proved to be the most effective promotional tool. Soon COPE psychiatrists were seeing more and more officers who were requesting treatment on the suggestion of a colleague or a loved one. Most presented with relationship problems that stemmed from, or were aggravated by, depression, post-traumatic stress disorder, and other anxiety disorders, including panic.

A review of the program validated what its organizers had hoped. Project COPE was a success. According to program logs, police employees and their families have benefited from over 25,000 private consultations. The help line averages three calls a day, totaling over 4,800 calls. A Police Foundation consultant's report said that COPE could serve as a model for police departments in other major cities.

"As far as we know, ours is the only program where a police department in a large metropolitan area has partnered with a major academic institution," said Dr. Stevenson. The program has received \$3 million in additional funding enabling it to continue for at least three more years. She and her team are applying for additional funds to continue to treat FBI agents who were responders. Initially overlooked because of regulations restricting free treatment to federal employees, FBI agents have been receiving treatment for the last three years.

An email testimonial of a police officer, who received treatment, encapsulates what Project COPE means to the officers who access services: "...I can attest to the quality of care I have received from this outreach program. The promises of sound mind and healthier life are benefiting my family...I've been reborn a new police officer, stronger and more capable."

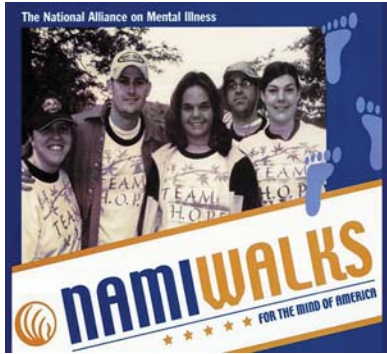
New Recruits (continued from page 2)

Before joining the faculty at Mount Sinai, she was the Director of Psychological Services for the state mental health system in Connecticut, a position she was recruited to by the current OMH Commissioner, Michael Hogan, when he was mental health commissioner for Connecticut. Dr. Essock has made tremendous strides in mental health services research by working closely with the administrators of public mental health systems. She has written extensively on the effectiveness of various service approaches in community-based programs as well as in state-run facilities and has conducted numerous randomized clinical trials within such settings. She has strong ties to OMH Central Office and her knowledge and experience make her exceptionally qualified to help represent the Institute's research needs in Albany. Adding to her credibility is Dr. Essock's significant contributions to the treatment literature concerning people with serious mental disorders, particularly individuals with schizophrenia.

"I'm looking forward to growing a Division that emphasizes services research of direct policy relevance to the state Office of Mental Health and other payers, to collaborating with members of other Divisions to help research here achieve the fullest translation possible into community settings, and to helping research be informed by the needs of those settings. OMH has included in its support of this new Division funds to use for small grants on its highest priority issues, and I'm hopeful that these funds will help stimulate such policy-relevant research and to provide pilot data for grant applications in these areas."

Dr. Essock is a graduate of Mount Holyoke College and Brown University, where she received her PhD. Among her many awards are a commendation from the Connecticut state legislature for her contributions to mental health services there and the American Psychological Association's "Distinguished Achievement Award for Research, Psychologists in Public Service." She is a past member of the National Institute of Mental Health's National Advisory Council and the chair of the NIMH Council Workgroup that produced the 2006 report: "The Road Ahead: Research Partnerships to Transform Services."

NAMI Walks



New York City's inaugural participation in NAMI Walks for the Minds of America on Saturday, May 12th is likely to be a celebration for at least two reasons: In a victory for mentally ill New Yorkers, family members and advocates, New York's first insurance parity law for mental health and addictive disorders was signed earlier this year. Congressmen Patrick Kennedy

and Jim Ramstad introduced a federal bill in March and continued their national campaign to bolster support with a stop at Columbia and PI on March 16.

NAMI Walks is a direct assault on the stigma that deters so many from seeking much-needed mental health services. The New York State Psychiatric Institute's Employee Assistance Program, working jointly with the Psycho-education Committee, is organizing a team, which will bring consumers, colleagues, advocates and family members together in a show of support for the millions of people living with a mental illness. Employees who aren't able to participate are encouraged to show their support by sponsoring someone who is. For more information, contact Matt Gold at 212-543-5240 or at goldmat@pi.cpmc.columbia.edu. All the funds raised will support NAMI programs in New York City.

Suicide: Out of the Darkness



On Saturday, June 9 a community of mental health professionals, family members and those who have experienced the loss of a loved one to suicide will take part in the annual Out of the Darkness Overnight Walk in NYC. This unique experience will begin with an opening ceremony at 8:00 p.m. Saturday and will end at about 5:00 a.m. Sunday morning. Sponsored by the American Foundation for Suicide Prevention (AFSP), the Out of the Darkness Overnight Walk will raise funding to support research, education and survivor awareness programs. Participants can walk at their own pace. Bring friends. Walk to remember, to mourn, to support those who are still struggling with a depression or other mood disorder. To learn more and to register, visit <http://www.theovernight.org/> or call 888-Theovernight.

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