



PENN PSYCHIATRY PERSPECTIVE

Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in Penn Psychiatry Perspective, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

Dwight L. Evans, MD
Ruth Meltzer Professor and Chair

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Departmental Goings On

New Adult Autism Spectrum Program at Penn Medicine Coming Summer 2013

[NOTE: This article also appears in the Spring/Summer issue of The Children's Hospital of Philadelphia Center for Autism Research newsletter. It is included here with permission.]

For individuals on the autism spectrum and their families, the transition to adulthood poses a substantial set of opportunities and challenges, including these:

- Adjusting to activities of daily living and opportunities for increased independence as an adult
- Attaining educational goals, identifying areas of interest and strength that can become a vocation
- Developing work skills, finding and keeping a job
- Building social and communication skills
- Forming and navigating social relationships
- Feeling comfortable and confident in the community



Families often feel that there are limited resources available to guide them during this important time. Penn Behavioral Health will create a promising new resource for individuals and families: the Adult Autism Spectrum Program (www.med.upenn.edu/aas).

Edward S. Brodtkin, MD is Director of the Adult Autism Spectrum Program and Associate Professor of Psychiatry, Perelman School of Medicine at the University of Pennsylvania. He has extensive experience with the autism spectrum population. Since 1993, Dr. Brodtkin has been involved in clinical assessment and care of adults with autism spectrum disorder (ASD) and has conducted neuroscience research relevant to ASD and social behavior development. He is a consulting psychiatrist for the Commonwealth of Pennsylvania ASERT (Autism Services, Education, Resources and Training) Program, where he works with an interdisciplinary team to develop improved diagnosis, treatment, and supports for adults with ASD in Pennsylvania. Dr. Brodtkin is knowledgeable and experienced in the area of diagnosis of ASD, psychiatric issues related to ASD, and treatment plan development.

Departmental Goings On

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and implementation, including coordination of behavioral, psychological, psychiatric, medical, and habilitation treatments.

"The Adult Autism Spectrum Program will provide customized consultations on a wide range of issues for individuals across the entire autism spectrum and their families," said Dr. Brodtkin. These customized consultations may include diagnostic consultations, psychiatric issues related to ASD, transition to adulthood, social skill development, and the development, implementation, coordination, and/or modification of treatment and support plans.

"We will provide patients and families with feedback and recommendations at the end of the consultation and guide them towards additional resources we think will help them," Dr. Brodtkin continued.

In addition to providing recommendations to individuals and families, Dr. Brodtkin can provide consultation and liaison to their primary clinical and service providers in the community. The Adult Autism Spectrum Program will also provide follow-up consultations to help monitor progress towards goals and to provide updated recommendations to individuals, families, and providers, as needed. Depending on the particular needs of the patient and the limited availability within our program, some treatment, including counseling, psychotherapy, and medication, can be provided in the Adult Autism Spectrum



Program as well.

Additionally, Dr. Brodtkin believes it is important to provide information and counseling to parents and adult siblings of individuals with ASD. These family members are often under substantial, chronic stress and may benefit from stress-reduction approaches or short term, supportive counseling. This will not only benefit their well-being, but will put them in a position to better support their loved one with ASD. With the location of the Adult Autism Spectrum Program in the same building as the Center for Autism Research (CAR), Dr. Brodtkin, who is also a researcher at CAR, anticipates that there will be opportunities for collaborative research on ways to better diagnose and treat ASD across the lifespan.

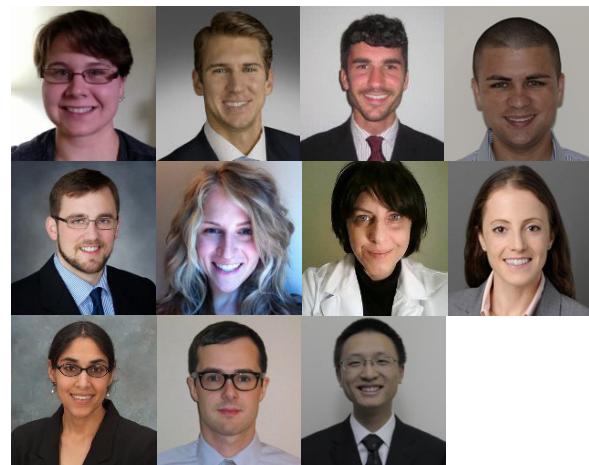
The overarching goal of the Adult Autism Spectrum Program is to help individuals on the spectrum, as well as their families, to optimize their well-being, their daily functioning, and the growth of their talents, skills, vocations, and relationships. Both Penn Behavioral Health and Dr. Brodtkin are very excited to launch the program later this summer!

More Details

For more details on the goals and services of the Adult Autism Spectrum Program, please visit www.med.upenn.edu/aas or call 215-746-4100.

Welcome to the Class of 2017

Penn's Department of Psychiatry welcomes the class of 2017 to the residency training program. The current class of interns in psychiatry was chosen from 740 applicants of whom 98 were actually ranked. These 11 individuals are extremely talented young doctors who were at the top of their medical school classes and who demonstrated a strong commitment to the field, as well as great leadership potential. They began their residency training on June 20, 2013. Next year's recruitment efforts will begin on September 1 and continue until January 31, 2014. For more information about the Penn Department of Psychiatry's residency training program, please visit <http://www.med.upenn.edu/psych/psychres.html>.



Row 1: Stephanie Cross, MD, PhD, Ben Hunter, MD, Andrew Migliaccio, MD, Kenny Perez, MD
Row 2: Justin Pierzhalski, MD, Whitney Potter, MD, Roberta Rasetti, MD, PhD, Sarah Rosenbaum, MD, MPH
Row 3: Puneet Sahota, MD, PhD, Martin Vetter, MD, Rocksheng Zhong, MD

News and Announcements

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.

Gov. Chris Christie's Lap-Band Surgery Generates Headlines

Following New Jersey Governor Chris Christie's admission that he underwent lap-band surgery in February, two Department of Psychiatry obesity experts spoke to the *Philadelphia Inquirer* about the surgical treatment of obesity. The lap-band procedure involves installing a laparoscopic adjustable gastric band to create a pouch in the upper part of the stomach, which restricts food intake into the rest of the stomach, but doesn't change digestion. When eating, patients feel full more quickly, inducing them to eat less.



In a May 9, 2013 *Philadelphia Inquirer* story, **Thomas Wadden, PhD**, the Albert J. Stunkard Professor of Psychiatry and Director of the Center for Weight and Eating Disorders, said that the band is less invasive than other surgeries and is reversible, but added that about 40 percent of patients need another operation because they have regained weight or the band has slipped. Still, he said it's "a very safe procedure" that can be a "good decision for people who are severely obese." Dr. Wadden said patients typically lose 20 percent of their initial weight with the band and are 10 percent to 15 percent below their starting weight in five to 10 years. That compares to an initial loss of 35 percent for gastric bypass surgery with a long-term loss of 25 percent. Sleeve gastrectomy patients lose 25 percent to 30 percent. Gastric bypass is far more effective than the lap band at ridding patients of diabetes. Dr. Wadden also discussed bariatric surgery and other treatments for obesity on WHYY's (Philadelphia) "Radio Times" program on May 13. The program was prompted by Governor Christie's surgery but expanded to discuss the broader causes and treatments of obesity.



No matter which procedure is selected, surgery alone is not sufficient to achieve necessary weight loss. Behavioral changes are needed, too. In a May 27 *Philadelphia Inquirer* article, **David B. Sarwer, PhD**, Professor of Psychology in Psychiatry and Surgery, Director of Clinical Services at the Center for Weight and Eating Disorders, and Director of the Albert J. Stunkard Weight Management Program, said that about 20 percent of patients lose less than expected or regain weight. "Most of the time, it's more behavioral in nature," he said. People return to the "eating behaviors that got them in trouble in the first place." The challenge is for patients to modify their eating habits to keep the extra pounds from returning.

View the May 9, 2013 *Philadelphia Inquirer* article with Dr. Wadden's comments at - http://articles.philly.com/2013-05-09/news/39117970_1_lap-band-surgery-weight-loss-surgery-bariatric-surgery.

Listen to Dr. Wadden's remarks on WHYY's "Radio Times" May 13 program at - whyy.org/cms/radiotimes/2013/05/13/governor-christies-weight-loss-surgery/

View the May 27, 2013 *Philadelphia Inquirer* article with Dr. Sarwer's comments at - http://articles.philly.com/2013-05-27/news/39540247_1_weight-loss-surgery-lap-band-procedure-gastric-bypass-surgery

News and Announcements

In the News

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Sleep Quality is Often Affected by Trauma

New research presented at SLEEP 2013, the name of this year's Annual Meeting of the Associated Professional Sleep Societies, indicates that sleep disturbances are common among people who have experienced at least one traumatic event. Over 40 percent of 2766 adults surveyed complained of sleep disturbances such as nightmares, insomnia, or both. Among the patients who had an actual post-traumatic stress disorder (PTSD) diagnosis, 92 percent experienced sleep disturbances. **Philip Gehrman, PhD**, Assistant Professor of Psychology in Psychiatry, told *MedPage Today* in a June 4, 2013 story that "unfortunately many people will experience at least one traumatic injury during their lifetime, so there are going to be enormous numbers of people who have sleep disturbances that go on for much longer than what we have defined as the acute period." He added that "while we usually think of post-traumatic stress disorder as something that occurs in soldiers on the battlefield, we know it can occur in anyone who experiences trauma.

Acute trauma-related effects are usually resolved within 6 months, but longer duration of problems including sleep disturbances can continue for many months and years in groups of individuals."

View the June 4 *MedPage Today* article at - <http://www.medpagetoday.com/MeetingCoverage/SLEEPNeuro/39614>



Teens, Obesity, and Diabetes

Robert I. Berkowitz, MD is the senior author and Principal Investigator of a study that, for the first time, presented evidence on the threshold of weight loss required to significantly impact insulin sensitivity, glucose tolerance, and the presence of metabolic syndrome in teenagers, all factors associated with the development of type 2 diabetes. Using data collected by Dr. Berkowitz and his colleagues with NIH support, the paper showed that an 8 percent or greater drop in the body mass index (BMI) of obese teens is linked with an improvement in insulin sensitivity. The paper was published online in *The Journal of Pediatrics* on May 24, 2013. The sample used in the study was relatively small – 113 mostly urban adolescents aged 13 to 17 – but suggestive, as the 8 percent threshold was consistent with results found previously in adults. Weight loss in the teens was achieved using family-based lifestyle modification. "This study reinforces the importance of behavior change—adopting healthy eating habits and getting more physical activity—in achieving weight loss in adolescents," said Dr. Berkowitz, Professor of Psychiatry and Pediatrics and

Senior Medical Director of the Weight and Eating Disorders Research Program at The Children's Hospital of Philadelphia (CHOP).

View the June 6, 2013 CHOP press release for more detail on the study - <http://www.chop.edu/news/drop-in-bmi-improves-insulin-sensitivity-in-obese-teens.html>

Awards and Honors

Regional, National, and International Honors

Charles P. O'Brien, MD, PhD received the 2013 David Archibald Award from the Canadian Centre for Addiction and Mental Health. This is an international award that recognizes research accomplishments in mental health. Dr. O'Brien, the Kenneth E. Appel Professor of Psychiatry and Director of the Center for Studies of Addiction in the Department of Psychiatry, delivered the Archibald Lecture on "A New Endophenotype of Alcoholism with Potentially the First Example of Personalized Medical Treatment in Psychiatry" on April 13 in Toronto, Canada.



News and Announcements

Awards and Honors

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Department of Psychiatry Honors

The Albert Stunkard Faculty Recognition Award is given annually to faculty members who are outstanding teachers and mentors. The graduating resident class selects award winners who have significantly influenced their education and training. Named for Albert J. Stunkard, MD, Emeritus Professor of Psychiatry and former Chair of the Department, this award recognizes Dr. Stunkard's enormous contribution to the education, training, and support of Department housestaff. **Jody Foster, MD, Theodore (Ted) D. Satterthwaite, MD, Claudia F. Baldassano, MD, Henry R. Bleier, MD, and Sarah B. Mathews, MD** received this honor in 2013.

Mel Singer, MD received the 2013 PGY-3 & 4 Teaching Award and **Christian Kohler, MD** received the 2013 PGY-1 & 2 Teaching Award. These awards honor those individuals whom the residents believe were the most effective teachers of the academic year and exemplary in shaping their overall education.

C. Neill Epperson, MD was awarded the 2013 Martin P. Szuba Award for Excellence in Clinical Teaching and Research. This award is presented annually to a Department faculty member with outstanding teaching abilities, ongoing clinical research, and a focus on translating research concepts into clinically useful teaching, all of which Dr. Szuba embodied in his work.

Mark H. "Mickey" Bernstein, MD, PhD received the 2013 Annual Award for Clinical Faculty. This award, funded by a clinical faculty member, is given to a volunteer clinical faculty member who has demonstrated long-term loyalty to the Department and excellence in teaching and/or supervising.

Mahendra T. Bhati, MD was the recipient of the 2013 Earl Bond Award. Initiated by the efforts of Dr. William Peltz, this annual award is given to a Department member who has distinguished himself/herself for teaching at the medical student, resident, and/or graduate levels.

Alisa Gutman, MD, PhD and **Matthew Kayser, MD, PhD** received the 2013 Dr. Henry P. and M. Page Durkee Laughlin Foundation Award. Upon the recommendation of the residency program, this award is given to residents in recognition of their professional achievement, dedication, and scholarship throughout residency training. Founded in 1964 through the generosity of Hank and Page Laughlin, the Dr. Henry P. and M. Page Durkee Laughlin Foundation is based in Frederick, Maryland. For more than thirty years, the Laughlin Foundation has honored outstanding residents in psychiatric training programs throughout the United States and the United Kingdom.

The Psychodynamic Psychotherapy Award given by the Psychoanalytic Cluster Steering Committee was renamed the Kenneth D. Cohen, MD Psychodynamic Psychotherapy Award as a tribute to the late Dr. Cohen for all of his teaching and supervision of residents throughout his career. A donation was made by his family to fund this award for the next five years. This award honors graduating residents in recognition of their excellence in providing psychodynamic psychotherapy. The recipients for 2013 were: **Anthony Carlino, MD, Alisa Gutman, MD, PhD, Nora Hymowitz, MD, and Yan Xuan, MD.**

Penn Honors

Katie Dalke, MD received the 2013 Medical Student Teaching Award. This award is given to a resident who has been a consistently outstanding teacher of medical students.

News and Announcements

Announcements

New PBHMind Dates Being Added

Fall PBHMind symposia dates will be added soon, so please visit our website for more information about upcoming courses, CE credits, and PBHMind as a whole - www.pbhmind.com.



Slim Down for the Summer with the Stunkard Program

The University of Pennsylvania's **Albert J. Stunkard Weight Management Program** builds on decades of research expertise to provide the highest quality weight loss treatment. To learn more about discounts for Penn and UPHS employees, visit our website at <http://www.med.upenn.edu/weightloss/> or call 215-746-4100 to register for a FREE orientation.

Hall Mercer Child and Parent Center Summer Program

The Hall Mercer Child and Parent Center Summer Program schedule and information are now available on the website. Please visit <http://www.med.upenn.edu/hallmercer/program.shtml> to learn more.

Department of Psychiatry 1st Annual Softball Game

Staff members from the Department of Psychiatry participated in the 1st Annual Department Softball Game on June 17th at Penn Park.

Penn Psychiatry Perspective

There will not be issues of the *Penn Psychiatry Perspective* eNewsletter in July or August. The monthly eNewsletter will return in September.



Enjoy the Summer!

