Dear Colleagues,

It is a pleasure to share the Department of Psychiatry’s annual newsletter recognizing the outstanding achievements of our faculty and staff and demonstrating the powerful results of the support we receive. I am grateful to the leadership of Weill Cornell Medicine and NewYork-Presbyterian and to our benefactors whose generosity and collaboration has led to scientific advances, expanded access to care and innovations in service delivery.

It is essential to acknowledge Dr. Philip Wilner for his exceptional leadership as Acting Chair while I served as Interim Dean of Weill Cornell Medicine this past year. During this time, Dr. Wilner oversaw national search processes that lead to the appointments of three new Vice Chair positions and spearheaded strategic planning of departmental priorities. Despite these additional responsibilities, Dr. Wilner continued to achieve many successes in his roles as Senior Vice President of NewYork-Presbyterian Westchester Behavioral Health and as President of Gracie Square Hospital.

This year we continued to experience significant growth across psychiatric programs and services. With the support of NewYork-Presbyterian, we implemented successful programs piloting collaborative and integrated models of care in obstetrics and gynecology and pediatrics. We received substantial philanthropic gifts that will transform our services for children and adolescents. We have also seen significant advancements in education and research, including expanded educational programming with a new ACGME accredited fellowship in Consultation liaison psychiatry and a 17% increase in new grant funding for research.

As I reflect upon this past year, I am not only proud of our department’s achievements, but also deeply moved by the commitment of our faculty and staff to always support each other and our community during times of crisis, including the recent tragic world events that touched some of us very personally. It is an honor and privilege to lead a department of such compassionate and dedicated individuals.

In the year ahead, I look forward to furthering our mission to care, discover and teach and to continue our work to promote a culture that values diversity and inclusion, nurtures careers and reminds us to remain connected to the meaning of our work.

Best wishes for a safe and happy holiday and new year.

Sincerely,

Francis S. Lee, M.D. Ph.D.

Chair, Weill Cornell Medicine Department of Psychiatry
Psychiatrist in Chief, NewYork-Presbyterian Hospital
We have a remarkable team of dedicated administrative professionals to whom we are deeply grateful. Their dedication, hard-work and creativity is crucial to the success of our programs. Each team member plays an important role in our department’s success. Thank you for your outstanding efforts and commitment to excellence in serving our mission.
NewYork-Presbyterian’s Leaders and Innovations in Mental Health Care

Leading in Patient Care

In January of 2023, Dr. Brian Donley was appointed Executive Vice President and Chief Operating Officer of NewYork-Presbyterian and has since built a successful partnership with our department to advance behavioral health initiatives across the hospital enterprise.

In October, Dr. Jessy Colah stepped down as Service Chief of Psychiatry NewYork-Presbyterian Brooklyn Methodist Hospital after 16 years of commendable service. He remains Clinical Assistant Professor of Psychiatry on the voluntary faculty. As we conduct a comprehensive search for Dr. Collah’s successor, Dr. Jimmy Avari will serve as Interim Service Chief of Psychiatry. Following the relaunch of the psychiatry inpatient service this past year, we also look forward to opening a new ambulatory program at NewYork-Presbyterian Brooklyn Methodist Hospital in 2024.

NewYork-Presbyterian’s affiliate, Gracie Square Hospital, has also had a successful year. This past spring, Gracie Square Hospital and Weill Cornell Medicine finalized a new affiliation agreement that provides a new psychiatry training rotation for Weill Cornell Medicine students. Gracie Square Hospital medical staff members are now eligible for Weill Cornell Medicine faculty appointments.

In July, Dr. Smita Agarkar was promoted to Associate Professor of Clinical Psychiatry at Weill Cornell Medicine and was appointed the new Service Chief for Gracie Square Hospital, succeeding Dr. Donna Anthony who retired in June. The hospital's exceptional clinical care and nursing excellence earned it Magnet Designation and Planetree Gold Certification for Excellence in Person-Centered Care. These achievements could not have been possible without the leadership of Dr. Agarkar, Timothy P. McGarvey, MSN, LMSW, RN, NEA-BC, Executive Director and Chief Nursing Officer, and Gracie Square Hospital’s President, Dr. Philip Wilner.

With Dr. Avari's deployment to Brooklyn, Dr. Theodora Kanellopoulos will serve as Acting Division Director of Specialty Services at Westchester Behavioral Health. Dr. Paul McCormick is serving as Acting Site Director for the Psychiatry Residency Program at Westchester Behavioral Health. We are grateful to Drs. Avari, Kanellopoulos, and McCormick for taking on new responsibilities during this time of transition.
In July following a competitive search, Dr. Christina Shayevitz was appointed the NewYork-Presbyterian Quality Chair for Weill Cornell Medicine Psychiatry. In this role, Dr. Shayevitz works collaboratively across the organization to lead quality and safety efforts including aligning departmental quality initiatives and performance with the Hospital’s key quality initiatives. Dr. Shayevitz continues to serve as Chief of the NewYork-Presbyterian Telepsychiatry Service that continues to expand its services with a growing team.

Prioritizing Children and Adolescents

As we continue to experience increased demand for youth mental health services, NewYork-Presbyterian has made investments in this area a priority. In July, NewYork-Presbyterian announced a $35 million gift from the Steven & Alexandra Cohen Foundation to address the youth mental health crisis through the expansion of behavioral health services for children and adolescents. This transformational gift will fund programmatic expansion including an inpatient unit, a virtual Intensive Outpatient Program and a Partial Hospitalization Program. In addition to the path to expanded access to care, the Youth Anxiety Center expanded its mission following a rebrand as the Center for Youth Mental Health at NewYork-Presbyterian. The Center has expanded its services, resources and research to address more aspects of youth mental health. In support of this mission, child and adolescent psychologists have already begun collaborating on resources for parents, including a toolkit to guide parents as their child(ren) process trauma.

Creating Community Awareness Around Autism

The NewYork-Presbyterian Center for Autism and the Developing Brain (CADB) led by Dr. Stephen Kanne, has celebrated its tenth (10th) year as a center serving the community and driving research on autism spectrum disorder. Leading the charge for creating more inclusive spaces for those with autism, CADB supported the New York community by collaborating with Lincoln Center to consult on the creation of a Chill Out Space, furthering their commitment to providing inclusive environments.

To bring education and awareness to the community, CADB organized a series of weekly tabling events at NewYork-Presbyterian Westchester Behavioral Health in honor of autism acceptance month, raising awareness and fostering a supportive community. The center also engaged with the Westchester community by hosting the Autism Speaks Westchester Hudson Valley Fairfield Walk, marking another significant milestone in community involvement. The center was also excited to appoint Dr. Hallie Brown as the Director of the CADB Research Core. Dr. Brown in collaboration with Dr. Jamie Winter, the CADB’s Clinical Director and Dr. Kanne, are a powerful leadership team that brings valuable expertise and passion to advance assessment, care and research for autism.
Weill Cornell Medicine’s Year of Remarkable Growth

This September following Dr. Francis Lee’s tenure as Interim Dean, Dr. Robert A. Harrington was appointed the Stephen and Suzanne Weiss Dean of Weill Cornell Medicine and Provost for Medical Affairs of Cornell University.

Leadership transitions have not impacted the many successes of Weill Cornell Medicine this past year. The campus is expanding with the groundbreaking of a new student residence at the corner of East 74th Street and York Avenue that will bring students together in one place.

Weill Cornell Medicine has seen progress in other growth initiatives, including the announcement of new clinical and research space at 575 Lexington Avenue and 1344 York Avenue in NYC. The Department of Psychiatry is fortunate to follow in this path of growth by housing space for our programs, including an interventional psychiatry clinical research center, a geriatric clinical research center and expanded programs for youth and treatment resistant depression at 575 Lexington Avenue. We are also excited for the potential of both wet and dry lab space at 1344 York Avenue, which will allow for increased flexibility and new innovative tools for research labs.

In addition to our institution’s physical growth, Weill Cornell Medicine was honored with our sixth (6th) consecutive Health Professions Higher Education Excellence in Diversity (HEED) Award, demonstrating our collective commitment to advancing diversity initiatives across our institution.
International Impact of Weill Cornell Medicine-Qatar

In partnership with Sidra Medicine, Weill Cornell Medicine Qatar had a remarkable year of psychiatric care with more than 15,000 patient encounters in the women’s and child and adolescent psychiatry divisions. The team made significant academic contributions, encompassing publications in peer reviewed journals, coverage in Al Jazeera and over 50 international presentations. Among other academic achievements, Weill Cornell Medicine Qatar celebrated the graduation of its first child psychiatry fellow, Dr. Mohamed Albreiki, who did incredible work establishing child psychiatry services in rural Oman. The esteemed fellowship program is currently the only ACGME-I accredited child and adolescent psychiatry fellowship in the world.

The psychiatry faculty of Weill Cornell Medicine Qatar demonstrated leadership in the field with notable awards and positions on committees such as the Qatar National Mental Health and Wellbeing Task Force, WPA, Royal College UK and American Association of Child and Adolescent Psychiatry (AACAP), from which Dr. Muhammad Waqar Azeem received the 2023 Norbert and Charlotte Rieger Service Program Award for Excellence. Weill Cornell Medicine Qatar also organized impactful initiatives for World Mental Health Day, World Maternal Mental Health Day, Autism Awareness Family Fun Days and the Autism Friendly Hospital Initiative mascot.

Partnering with Memorial Sloan Kettering Cancer Center

Partners at the Memorial Sloan Kettering Cancer Center (MSKCC) have marked a year filled with significant accomplishments in training, programmatic endeavors and research. In 2023, the MSKCC Department of Psychiatry and Behavioral Sciences led by Chair, Dr. William Breitbart, published extensive research publications, articles and chapters, including 121 academic journal articles. The department also launched Psycho-Oncology Therapy Externship Program with Dr. Jessy Levin serving as Director and supervision provided by Drs. Allison Applebaum, Amanda Balakirsky, Devika Jutagir, Florence Lui, Chi Yeung and Talia Zaider. Other educational endeavors included the Immigrant Health and Cancer Disparities Day of Action led by Dr. Francesca Gany and a 2-day workshop on meaning-centered psychotherapy for the Cudeca Foundation in Malaga, Spain led by Dr. Breitbart.

William Breitbart, M.D. (left); Javaid Sheikh, M.D., MBA, Dean WCM-Q (right).
With an unprecedented demand for mental health services, our department has had to continuously expand and improve upon our approach to patient care. Following the new leadership of Dr. Justin Chen, Vice Chair for Ambulatory Services and Vice Chair for Health Justice, Dr. Leonardo V. Lopez, Vice Chair for Inpatient Services, and Dr. Rebecca Rendleman, Vice Chair for Child and Adolescent Psychiatry, we have seen advancements in our patient-centered care offerings.
Expanding Access Through New Modalities and Services

Under the leadership of Dr. Justin Chen and Dr. Daniel Eden, psychiatry's ambulatory programs have collaborated with six telehealth companies for service pilots to expand access and reach more patients. As we review and improve upon these pilot telehealth collaborations, we will search for more ways to enable our outpatient teams to focus more closely on areas of clinical expertise.

In addition to expanding telehealth offerings, ambulatory programs will be expanding with the re-opening of the eating disorders track of the partial hospitalization program at NewYork-Presbyterian Westchester Behavioral Health, led by Dr. Suzanne Straebler. Other advancements related to eating disorders include a paper published by Drs. Leah Susser and Suzanne Straebler on breastfeeding and pumping as maladaptive weight control behaviors.

Treating With Novel Forms of Service Delivery

Advancing integrated models of care is an important strategic priority for the department. Under the leadership of Dr. Lisa Sombrotto, Vice Chair for Collaborative and Integrated Care, the department has leveraged collaborative efforts with other programs at Weill Cornell Medicine to expand access to care. The Collaborative Care Center continues to be an entry point to mental health services for our patients by providing short-term psychiatric care through referrals to current Weill Cornell Medicine Primary Care patients. Under the new leadership of Dr. Janna Gordon-Elliot, Director of the Collaborative Care Center, the center has continued to provide these acute mental health services to patients. Thank you to Drs. Jena Andreu and Virginia Mutch for their continuous guidance and support through the program’s leadership transition.
Dr. Sombrotto was also responsible for overseeing the implementation of two new and important programs that support patients and staff in acute care settings, including the peer specialist program and behavioral emergency response team (BERT). The peer specialists assist CPEP patients by supporting self-advocacy, demonstrating wellness skills, sharing resources and more. Following the success of the initial peer specialists in the Comprehensive Psychiatric Emergency Program (CPEP), we received a two-year grant for a bridger program. BERT has been equally successful, reducing harm for both patients and hospital staff in behavioral emergency situations in non-psychiatric specialties. This 24/7 rapid response team has modeled effective strategies for escalation and promoted a culture of safety across our emergency department.

Expanding Neuromodulation Services

Building upon the success of our ambulatory ECT and inpatient ketamine programs offered at NewYork-Presbyterian Westchester Behavioral Health, services have expanded this year to NewYork-Presbyterian/Weill Cornell Medical Center. Program leaders include Dr. Leonardo V. Lopez, Vice Chair for Inpatient Services, Dr. Dennis Popeo, Director of Neuromodulation at NewYork-Presbyterian/Weill Cornell Medical Center and Dr. Roy Smetana, Director of Neuromodulation at Westchester Behavioral Health.

Leonardo Lopez, M.D. (left); Dennis Popeo M.D., MSc (middle); Roy Smetana, M.D.; Ph.D. (right)
We have experienced another heightened year in the youth mental health crisis. Families have continued to seek immediate intervention resulting in increased volumes of pediatric mental health cases in our emergency department. In response, our department has introduced new leadership and forms of community support. This past year, Dr. Rebecca Rendleman was appointed the Vice Chair for Child and Adolescent Psychiatry and has been an exceptional leader in the face of this crisis.

Our experts have supported our communities with a variety of free educational events. These events included virtual panels for school administrators and educators on how to support their students’ mental health, resulting in over 300 attendees from NYC schools. Thank you to Drs. Lauren Antler, Juste Buneviciute, Georgina Hartzell and Stephanie Rohrig for providing your expertise in this programming.

Our faculty have also leveraged their expertise to contribute to a variety of publications and books on timely topics in child and adolescent psychology. One impactful work was the book Teens, Screens and Social Connections, co-edited by Drs. Alma Spaniardi and Janki Modi and with contributions from Drs. Alice Caesar, Meghan Conroy, Anna Rosen, Renee Saenger, Hannah Simon and chief fellow, Dr. Jeffrey Anderson. Another book published this year was A Clinicians Guide to Intensive Treatment for Youth With OCD, written by Drs. Avital Falk and Shannon Bennett along with contributions from Drs. Michelle Rozeman, Justin Mohatt and Lindsey Bergman.
Supporting Our Internal Community

Weill Cornell Medicine, the Department of Psychiatry and NewYork-Presbyterian all place a strong emphasis on faculty and staff wellbeing. As we continue to strive to improve wellbeing and evade burnout, our internal wellness programs have been increasingly important, especially in teaching resiliency skills that can follow us in our careers. The Student Mental Health Program is an introduction to these initiatives for many, providing medication management, individual and group psychotherapy, and neuropsychological testing to all Weill Cornell Medicine students. Guided by Dr. Patricia Marino, Student Mental Health Director, the program has had over 6,905 appointments for 597 students, including 210 new students, since October of 2022.

CopeNYP has also been a dedicated partner in protecting the mental health and wellbeing of our faculty and staff. The CopeNYP team, led by Director, Dr. Randall Martin, has found ways to engage the NewYork-Presbyterian community by attending summer employee block parties, resident orientations, wellness webinars and psychotherapy. Since October of 2022, the team has had 4,371 counseling sessions and hosted 27 webinars with 3,708 participants. Another testament to the program’s success is the recent publication reviewing challenges and successes since launch. To provide trauma-informed care and enhance professional sensitivity, CopeNYP has begun collaborations with the House Staff Mental Health Program and NewYork-Presbyterian’s human resources.

In a continuation of maintaining mental health throughout the career, the House Staff Mental Health Program has supported 115 of the NewYork-Presbyterian/Weill Cornell Medicine house staff. As this program grows, we are grateful to Dr. Anna Halprin-Rosen, Co-Director of House Staff Mental Health, and Dr. Judith Cukor, newly appointed Co-Director of House Staff Mental Health and CopeNYP, for their leadership.

115 House Staff Employees Supported
597 Weill Cornell Medicine Students Supported
1,204 NewYork-Presbyterian Employees Supported in Group & Individual Critical Incident Debriefs

View Our Coping With Trauma Resources.
Marked by a year of progress, the Weill Cornell Medicine Department of Psychiatry has seen incredible achievements in research. With the leadership of Dr. Faith Gunning, Vice Chair for Research, our faculty and research staff have been involved with several groundbreaking investigations.
Progressing in Neuroscience Research

The Institute of Developmental Psychobiology, led by Dr. Conor Liston, has had another year of exceptional advancement. The team has exploded in growth with almost 50 staff including faculty, postdoctoral associates, research staff and graduate students. This year, the institute has been awarded over $22 million in new grants and published 53 new manuscripts in notable publications including the American Journal of Psychiatry and Nature.

One notable research development is the discovery of four (4) autism subtypes. The study team led by Drs. Amanda Buch, Logan Grosenick, Conor Liston and collaborators from the NewYork-Presbyterian Center for Autism and the Developing Brain, used machine learning of brain-behavior dimensions to reveal these subtypes of autism spectrum disorder that link to distinct molecular pathways. The team plans to examine these subgroups and treatment methods more closely in mice and refine their machine learning further as they continue their ground-breaking research.

Reshaping Approaches to TMS

In 2023, the Institute launched the Interventional Psychiatry Program with Director, Dr. Benjamin Zebley. The initial focus of the program is on transcranial magnet stimulation (TMS) involving three large-scale trials offering conventional TMS (6-week treatment) and accelerated TMS (intensive 5-day treatment) for depression, obsessive compulsive disorder (OCD) and other indications. The program also currently utilizes neuronavigation and fMRI-guided treatments and plans to expand their offerings to include trials of psilocybin.

Since launching, the program has seen many accomplishments, including work in notable publications. One example is from Neuron, where Dr. Chuck Lynch published about newly developed software that identifies optimal coil placement for engaging specific functional networks, which has the potential to facilitate new approaches to personalized TMS treatment for depression and obsessive compulsive disorder. Also reshaping how investigators consider TMS targeting strategies, Dr. Immanuel Elbau published in the American Journal of Psychiatry on how functional connectivity between dorsolateral prefrontal target for TMS and subgenual anterior cingulate cortex predicts individual differences in antidepressant outcomes. Along with continued research, the Interventional Psychiatry Program is on a path of future growth as it proceeds rapidly toward becoming one of the largest TMS programs in the country.
The Weill Cornell Institute of Geriatric Psychiatry has experienced a tremendous growth in research this past year. Guided by the mentorship of Dr. Faith Gunning, Vice Chair for Research and George S. Alexopolous, M.D. Director of the Weill Cornell Institute of Geriatric Psychiatry, five investigators were selected for career development awards. Awardees include Drs. Jennifer Bress, Abhishek Jaywant, Lauren Oberlin, Nili Solomonov and Lindsey Victoria.

In addition to the career development awards, two institute investigators were awarded R01s to pursue research for mental health conditions in older adults. Dr. Nili Solomonov was awarded a $3.4 million R01 from National Institute of Mental Health (NIMH) to study social reward psychotherapy for mid and late-life depression. Dr. Jo Anne Sirey also received a $2.7 million R01 from NIMH to study interventions for reducing depression amongst elder abuse victims.

Along with grants for new and ongoing research at the Weill Cornell Geriatric Institute, there have been several publications completed by the team. Drs. Jennifer Bress and Dimitris Kiosses published a study in Biological Psychology demonstrating the reliability of reward-related EEG signals, and the relationship of those signals with anhedonia, in middle-aged and older adults at high suicide risk. Dr. Kiosses also collaborated with Dr. Victoria Wilkins on an article for the American Journal of Geriatric Psychiatry, discussing psychosocial interventions for late-life depression and hoarding disorders.
Addressing the Mental Health Crisis Through Digital Innovations

Targeting Cognitive Dysfunction from Long Covid with Technology

Led by Dr. Faith Gunning, a team of investigators, including Drs. Abhishek Jaywant, Lauren Oberlin and Lindsay Victoria, completed a randomized controlled trial targeting cognitive dysfunction in patients experiencing long Covid. In the investigation, they compared a novel remotely delivered digital cognitive intervention to an active control group in 110 adults suffering from persistent post-Covid cognitive difficulties. The study’s preliminary findings suggest that participants in the intervention group demonstrated improved performance on select cognitive tasks and reported reduced disability, fatigue and greater quality of life compared to those in the active control group.

Addressing Suicide Risk Through Applications

A novel resource to support suicide prevention in older adults is a tablet application called WellPATH. Created by Dr. Dimitris Kiosses, WellPATH focuses on emotion regulation strategies to reduce emotions associated with increased suicide risk. A patient and provider start by identifying situations that trigger these intense emotions. They then develop personalized trigger or emotion specific strategies to reduce these negative feelings. The strategies are then entered into the WellPATH app as pre-planned self-soothing strategies that can be used in practice or in real time.

Dr. Kiosses and the WellPATH team are currently using an adapted version in an NIH funded study called WellPATH Prevent to reduce risk of suicidality post hospitalization. They continue to explore further adaptations for the app, such as WellPATH Pain, a collaboration with Dr. Lisa Ravdin (neurology) and Dr. Cary Reid (medicine).
Building Resiliency Skills at Any Age

In a new pilot study supported by the Joseph Sanchez Foundation, Dr. Jennifer Bress leads an investigation into the feasibility and efficacy of the Maya app for middle-aged and older adults with anxiety or depression.

Maya, a mobile app for executing self-guided evidence-based cognitive behavioral therapy (CBT) skills, was developed by Drs. Avital Falk and Faith Gunning with collaborators from the Center for Youth Mental Health at NewYork-Presbyterian. While the initial version of the app focused primarily on anxiety in adolescents and younger adults, the app’s flexible format allows for the customization of programs to meet the target population’s needs. Utilizing this flexible format, Dr. Bress and the Maya team created a modified Maya program tailored for middle-aged and older adults, which they are testing in adults aged 40 and older with anxiety or depressive disorders.
Our department is distinguished by the quality of our training programs, including our medical student education, residency training and pre/post-doctoral psychology training. Under the leadership of Dr. Daniel Knoepfimacher, Vice Chair for Education and Director of the Residency Training Program, we have seen our educational offerings flourish.
Along with leadership updates, the general psychiatry residency program has seen changes to curriculum and clinical experiences. One new opportunity of interest to first-year residents is their direct work with community sites, including Fountain House, Manhattan Psychiatric Center, Rikers Island and OnPoint NYC, the largest harm reduction center on the East Coast. We are particularly grateful to those leading in improving our residency program, including our wonderful chief residents Drs. Tegan Donnelley, Nia Harris, Francie Hessel and Reile Slattery (pictured below respectively).

Medical Student Education

We are grateful to Dr. Susan Samuels, Medical Student Education Director and Psychiatry Clerkship Director, and Dr. Mark Sullivan, Associate Clerkship Director for Westchester and Dr. David Hankins, Associate Clerkship Director for Manhattan, for their efforts overseeing the psychiatric education of medical students at Weill Cornell Medicine. In medical schools nationwide, interest in psychiatry is growing with Weill Cornell Medicine as no exception. This year we have seen one of our largest interest years, with 18 fourth year medical students applying to psychiatry. This testament to the great mentorship and teaching of our medical education leaders and faculty.

Training Next Generation of Psychiatrists

Our general psychiatry residency program remains source of exceptional clinical training, with interest growing every year. This year, we have received over 1200 applications for the program—a clear indication of the reputation and quality of our programming, leadership, faculty and staff. The general psychiatry residency leadership has also grown to include Dr. Alyson Gorun as Associate Program Director and Dr. Paul McCormick as Residency Site Director for NewYork-Presbyterian Westchester Behavioral Health in addition to Dr. Jimmy Avari our continuing Associate Program Director. Our team could not thrive without the dedicated support of our program coordinators, Janny Chong and Monica Fortsch.

Along with leadership updates, the general psychiatry residency program has seen changes to curriculum and clinical experiences. One new opportunity of interest to first-year residents is their direct work with community sites, including Fountain House, Manhattan Psychiatric Center, Rikers Island and OnPoint NYC, the largest harm reduction center on the East Coast. We are particularly grateful to those leading in improving our residency program, including our wonderful chief residents Drs. Tegan Donnelley, Nia Harris, Francie Hessel and Reile Slattery (pictured below respectively).

Thank you to our talented faculty and staff who donate their time to recruit and train our residents.
Child and Adolescent Psychiatry Training

The Child and Adolescent Psychiatry Fellowship, a joint effort between Weill Cornell Medicine, NewYork-Presbyterian and Columbia University Vagelos College of Physicians and Surgeons, continues to be one of the top training programs in the country. Dr. Oliver Stroeh of Columbia was appointed to the role of Program Director following his tenure as Associate Program Director after Dr. Rebecca Rendleman stepped aside from the role. We are grateful to Dr. Helen Ding, Assistant Program Director for NewYork-Presbyterian Westchester Behavioral Health, for serving as Interim Associate Program Director while the search was underway.

This collaborative approach not only enriches the educational experience but also demonstrates a diverse and dynamic learning environment, recruiting an impressive 57% of residents typically underrepresented in medicine in its incoming class. In recognition of the program’s ongoing commitment to excellence, the National Institute of Mental Health (NIMH) awarded an R25 research training grant to support a 3-year integrated clinical research residency pathway, which may soon be a separate residency track.

Developing Experts in Psychology

Our psychology training programs continue to uphold their nationally renowned reputations for excellence in psychology training while including a broad spectrum of perspectives. Guided by Dr. Anthony Ahmed, Vice Chair for Psychology, Dr. Susan Evans, Psychology Education Director, and Dr. Victoria Wilkins, Psychology Externship Director, our programs offer trainees a deeper education into areas of specialization, such as pediatrics, cognitive therapy, autism spectrum disorder, neuropsychology and adult psychology. For the academic year beginning in 2023, the program welcomed 12 new fellows and 4 new interns.
New this year, the department was approved for an ACGME-accredited fellowship in consultation-liaison psychiatry. **Dr. Anna Dickerman** leads as the Director of the **Consultation-Liaison Psychiatry Fellowship** and has accepted **Dr. Nia Harris**, one of the four chief residents in general psychiatry, as the inaugural fellow starting in July 2024. The program will provide advanced academic and clinical training to future leaders in consultation-liaison psychiatry while encompassing rotations, classes, journal club, supervised research, quality and ethics meetings, and more. Rotations will include NewYork-Presbyterian/Weill Cornell Medical Center’s inpatient consultations to general medical, neurological, surgical and subspecialty services along with outpatient collaborations with palliative care, psycho-oncology, transplant, women’s mental health and general psychiatry.

In the face of a national decline in geriatric psychiatry specialization interest, our **Geriatric Psychiatry Fellowship** has continued to thrive with the leadership of Training Director, **Dr. Jimmy Avari**. The program currently has two fellows, Drs. Brian Blum and Megan Hophing.
Reducing the Stigma Against Substance Use Disorder

The Program for Substance Abuse and Stigma of Addiction has had an impactful year through its clinical, educational and research programs. Under the leadership of Dr. Jonathan Avery, Vice Chair of Addiction Psychiatry, the program has grown to allow for more community programming including free Narcan training sessions, a Fentanyl test strip program and advanced peer educational programming, including an international conference on substance abuse programs in San Patrignano.

Along with the work of outstanding faculty and fellows, the program partnered with MIT to finalize a virtual gaming tool for physicians to practice and learn to reduce the stigma against substance abuse disorders.

Dr. Avery has continued to be a national leader in educating clinicians on addiction with a variety of additional academic highlights, including a publication on naltrexone for alcohol use disorder in the American Journal of Psychiatry. Along with Dr. Avery, Dr. Mashal Khan led the American Society of Addiction Medicine (ASAM) review course for 2023.
Reaching New Audiences Through Podcasts

In April of 2023 our department launched its first dedicated podcast, On the Mind. Monthly episodes feature discussions with our renowned professors, scientists and providers as they discuss the brain, mental health, current events and important other important topics on the mind.

Through the collaborative efforts of Sydney Kishimoto, podcast co-producer, and Dr. Daniel Knoepflmacher, podcast host and co-producer, we have published 11 episodes and surpassed 5,000 listens. This November, On the Mind was awarded a Platinum Designation for Best Healthcare Podcast, the highest honor of the eHealthcare Leadership Awards.

Subscribe to On the Mind on Spotify, Apple Podcasts, Google Podcasts, Pandora, TuneIn or iHeart.

Episodes

On Psychedelics: Promising Benefits and Significant Risks

On Culturally Responsive Mental Health Care: Addressing the Needs of a Diverse Population

On Autism Spectrum Disorder: Exploring Diagnosis, Disparities and Media Impact

On Borderline Personality Disorder—Part 1: Overview and Diagnosis

On Borderline Personality Disorder—Part 2: Evidence Based Treatments and Resources for Recovery

On Youth Anxiety: Effective Treatments for Mental Health Challenges

On What COVID Revealed About American Psychiatry

On Late Life Depression: Connecting Older Adults to Care They Need

On Trauma - Part 1: The Long-Lasting Impact of Traumatic Events

On Trauma - Part 2: Treatments That Build Resilience in the Face of Adversity.
Professional Development.
Supporting the Educational Growth of Our Psychologists

Spearheaded by Dr. Theodora Kanellopoulos, Chair of the Continuing Education Committee, and Dr. Angela Chiu, our department has begun sponsoring continuing education for psychologists and social workers with the Academy of Behavioral Health and Continuing Education. Since its inception, the academy has seen tremendous success, awarding 1800 certificates and providing credits from over 70 events. In addition to awarding credits through weekly grand rounds, the academy has launched a monthly Faculty Council Speaker Series, offering the opportunity to learn from faculty and gain credit for a small fee. We look forward to the continued growth of our continuing education programming and want to thank all members of the committee for their dedication.

The Continuing Education Committee includes Drs. Anthony Ahmed, Shannon Bennett, Stephanie Cherestal, Angela Chiu, Susan Evans, Avital Falk, Chaya Fridman, Dora Kanellopoulos, Amy Lemelman, Michelle Pelcovitz and Shira Ritholtz.

Along with continuing education for psychologists and social workers, Drs. Soudabeh Givrad, Lindsey Wallace Goldman and Hannah Strater collaborated with the academy to produce the first annual Perinatal and Infant Psychiatry Conference. The virtual conference provided over 500 attendees with continuing education or continuing medical education credit and engaged a variety of faculty members from inside and outside of Weill Cornell Medicine. The second annual conference is scheduled to take place on May 18, 2024 covering the topic Holding in healing: an examination of the experiences of parents, infants, and clinicians in acute care perinatal settings.

Psychiatry Faculty Council

We are grateful to the Psychiatry Faculty Council and its current Chair, Dr. Joseph Barbuto, for advocating on behalf of our faculty and advancing initiatives that promote faculty engagement.

The Council sponsors four grand rounds a year and launched a new monthly faculty Council Speaker Series. The virtual series has promoted a lively and insightful interactive discussion amongst participants and speakers. Thank you to by Drs. Theodora Kanellopoulos and Jeffrey P. Kahn for co-leading this effort.

Weill Cornell Medicine General Faculty Council

We appreciate the psychiatry faculty that serve on the Weill Cornell Medicine General Faculty Council (GFC), including Dr. Justin Chen and Dr. Susan Samuels, who also serves as GFC secretary.
Committing to Diversity, Inclusion and Health Equity

In the past year, significant strides were made in fostering diversity, equity and inclusion (DEI) within the Department of Psychiatry. The Psychiatry DEI Council established subcommittees to address crucial aspects like education and curriculum, mentorship and outreach, recruitment and retention and best practices. In the year ahead with the support of Dr. Justin Chen, Vice Chair for Health Equity, and Dr. Stephanie Cherestal, Psychiatry DEI Council Director, the council is poised to undergo a transformation, becoming the Psychiatry Health Justice Council with a dedicated focus on three pillars: respect, inclusion and health equity.

A key initiative unveiled this year was the Pathways to Psych Careers Program, which scheduled to launch in the summer of 2024. This program is designed to provide college students of backgrounds traditionally underrepresented in medicine with paid internships and mentorship opportunities as they explore and grow their interest in the fields of psychology and psychiatry. The launch of this program is made possible with the help of its planning committee including Drs. Justin Chen, Stephanie Cherestal, Jessica Hartman, Dora Kanellopoulos, Megan Mendoza, Tacina Outram and Heather Neuhs, LCSW. We look forward to welcoming our first mentee cohort and are grateful to Drs. Jennifer Bress, Dimitris Klosses, Conor Liston, JoAnne Sirey and Nili Solomonov for volunteering to be our inaugural mentors.

In addition to the budding programs that build upon our health justice initiatives, the department has demonstrated our commitment to internal DEI through various events, like those celebrating Hispanic Heritage Month, Pride, Black History Month and career days at local schools. Our DEI efforts garnered national attention with a presentation at the 2023 Annual Meeting of the American Association of Directors of Psychiatric Residency Training and a publication on our efforts in Academic Psychiatry, authored by Drs. Cherestal, Waltman and Kanellopoulos. These collective endeavors reflect our ongoing dedication to advancing diversity and inclusion within our organization and the broader community.
Faculty Transitions

Promotions

Smita Agarkar, M.D.
Associate Professor of Clinical Psychiatry

Avital Falk, Ph.D.
Associate Professor of Psychology in Clinical Psychiatry

Kimberly Grocher, Ph.D.
Clinical Assistant Professor of Social Work in Psychiatry

Ben Huang, Ph.D.
Assistant Professor of Neuroscience in Psychiatry

Robert Kelly, M.D.
Associate Professor of Clinical Psychiatry

Jessy Levin, Ph.D.
Associate Professor of Psychology in Clinical Psychiatry

Yuelin Lee, Ph.D.
Professor of Psychology Research in Psychiatry

Conor Liston, M.D., Ph.D.
Professor of Psychiatry with Tenure

James Root, Ph.D.
Professor of Psychology in Psychiatry, MSKCC

Emeritus Faculty

Robert C. Abrams, M.D.
Professor Emeritus of Psychiatry

Herbert Fox, M.D.
Clinical Associate Professor Emeritus of Psychiatry

Charles Winkelstein, M.D.
Clinical Associate Professor Emeritus of Psychiatry

In Memory of Dr. Betsy Auchincloss

This October we lost a legendary departmental leader of 44 years, Dr. Elizabeth L. Auchincloss. During her time at Weill Cornell Medicine Psychiatry, Dr. Auchincloss was the Vice Chair for Education, Dewitt Wallace Senior Scholar and Aaron Stern MD PhD Professor of Psychodynamic Psychiatry. Known for her luminous mind, formidable intellect and laconic wit, she trained and mentored scores of psychiatry residents on whom she made an indelible impression. She will be remembered as a consummate academic psychiatrist, inspired teacher, superb clinician and accomplished scholar and writer.
# Clinical Scholars

The Department of Psychiatry’s **Clinical Scholars Program**, led by Dr. George Alexopoulos, promotes scholarly activities and career development for the selected group of faculty. This year’s honored faculty members include:

## 2023 Scholars

| Sabina Bera, M.D. |
| Samuel Boas, M.D. |
| Corinne Catarozoli, Ph.D. |
| Stephanie Cherestal, Ph.D. |
| Monica Dargis, Ph.D. |
| Daniel Bigman, M.D. |
| Elaina Dellacava, M.D. |
| Andrew Edelstein, M.D. |
| Soudabeh Givrad, M.D. |
| Katherine Goettsche, M.D. |
| Alyson Gorun, M.D. |
| Fayrisa Greenwald, M.D. |
| Jihoon (Jeff) Ha, M.D. |
| Mashal Khan, M.D. |
| William Lamson, Ph.D. |
| Guy Maytal, M.D. |
| Rachel Moster, M.D. |
| Virginia Arlt Mutch, Ph.D. |
| Tacina Outram, M.D. |
| Michelle Pelcovitz, Ph.D. |
| Shira Ritholtz, Ph.D. |
| Stephanie Rohrig, Ph.D. |
| Suza Scalora, Ph.D. |
| Benjamin Scherban, M.D. |
| Charlie Shaffer, M.D. |
| Suzanne Straebler, Ph.D. |
| Leah Susser, M.D. |
| Victoria Wilkins, Ph.D. |

## 2023 Mentors

| Anthony Ahmed, Ph.D. |
| George Alexopoulos, M.D. |
| Evelyn Attia, M.D. |
| Jimmy Avari, M.D. |
| Jonathan Avery, M.D. |
| John Barnhill, M.D. |
| Renae Beaumont, Ph.D. |
| Shannon Bennett, Ph.D. |
| Jennifer Bress, Ph.D. |
| Benjamin Brody, M.D. |
| Justin Chen, M.D. |
| Judith Cukor, Ph.D. |
| Anna Dickerman, M.D. |
| Helen Ding, M.D. |
| Marc Dubin, M.D., Ph.D. |
| Susan Evans, Ph.D. |
| Faith Gunning, Ph.D. |
| Abhishek Jaywant, Ph.D. |
| Dora Kanellopoulos, Ph.D. |
| Dimitris Kiosses, Ph.D. |
| James Kocsis, M.D. |
| Francis Lee, M.D., Ph.D. |
| Leonardo Lopez, M.D. |
| Katharine Phillips, M.D. |
| Rebecca Rendleman, M.D., C.M. |
| Jo Anne Sirey, Ph.D. |
| Nili Solomonov, Ph.D. |
| Lisa Sombrotto, M.D. |
| Robert Young, M.D. |
New Faculty

Jesse Allen Dicker, Ph.D.
Assistant Professor of Psychology in Clinical Psychiatry

Jeffrey Anderson, M.D.
Assistant Professor of Clinical Psychiatry

Antara Banik, M.D.
Assistant Professor of Clinical Psychiatry

Jesse Bastiaens, M.D.
Assistant Professor of Clinical Psychiatry

Noel Carillo, M.D.
Assistant Professor of Clinical Psychiatry

Christopher Ceccolini, Ph.D.
Assistant Professor of Psychology in Clinical Psychiatry

Justin Chen, M.D., M.P.H.
Associate Professor of Clinical Psychiatry

Revathy Chottekalapanda, Ph.D.
Assistant Professor of Neuroscience in Psychiatry

Alyssa Conigliaro, Ph.D.
Assistant Professor of Psychology in Clinical Psychiatry

Natalie Cumings, M.D.
Assistant Professor of Clinical Psychiatry

Emily Dumas, M.D.
Assistant Professor of Clinical Psychiatry

Ida Eden, M.D.
Assistant Professor of Clinical Psychiatry

Ernesto Henderson, MD
Assistant Professor of Clinical Psychiatry

Anjana Jagpal, P.D.
Assistant Professor of Psychology in Clinical Psychiatry

Erika Jakobson, M.D.
Assistant Professor of Clinical Psychiatry

Grewal Kamalveer, M.D.
Assistant Professor of Clinical Psychiatry

Rachel Knight, M.D.
Assistant Professor of Clinical Psychiatry

Lorraine Lothwell, M.D.
Assistant Professor of Clinical Psychiatry

Madeline Levitt, Ph.D.
Assistant Professor of Psychology in Clinical Psychiatry

Leonardo V. Lopez, M.D.
Associate Professor of Clinical Psychiatry

Paul McCormick, M.D.
Assistant Professor of Clinical Psychiatry

Sarah Miller, M.D.
Assistant Professor of Clinical Psychiatry

Sarah Nachimson, Psy.D.
Assistant Professor of Psychology in Clinical Psychiatry

Karanbir, Padda, M.D.
Assistant Professor of Clinical Psychiatry

Amy Parikh, M.D.
Assistant Professor of Clinical Psychiatry

Dennis Popeo, M.D.
Professor of Clinical Psychiatry

P. Justin Rossi, M.D.
Assistant Professor of Clinical Psychiatry

Zhenzhen Shi, M.D.
Assistant Professor of Clinical Psychiatry
Awards

Faculty Awards

Jennifer Bress, Ph.D.
- Peter Edwin Stokes, M.D., Clinical Scholar in Psychobiology

Barbara Bartlik, M.D.
- 2023 Exceptional Women in Medicine, Castle Connolly
- 2023 Best Doctors in Psychiatry, New York Magazine

Samuel Boas, M.D.
- Department of Psychiatry Certificate for Dedicated Teaching and Outstanding Mentorship in Medical Student, Weill Cornell Medicine

Amanda Buch, Ph.D.
- Ford Foundation Fellowship

Fredric Busch, M.D.
- Edith Sabshin Teaching Award, American Psychoanalytic Association
- George S. Goldman Award, Columbia University Center for Psychoanalytic Training and Research

Corinne Catarozoli, Ph.D.
- 2023-2024 Healthcare Leadership Fellowship to Restart Youth Cope in Pediatric Primary Care, Weill Cornell Medicine

Immanuel Elbau, M.D.
- NARSAD Young Investigator Grant, Brain and Behavior Research Foundation

Richard Friedman, M.D.
- 2023 Top Doctors, Castle Connolly

Eric Goldwaser, D.O., Ph.D.
- Award for American Psychiatric Association's Research Colloquium in Psychobiology

Faith Gunning, Ph.D. & Abhishek Jaywant, Ph.D.
- Neuropsychopharmacology Editors' Award for a Transformative Original Report

Georgina Hartzell, Ph.D.
- 2024 Quality Improvement Academy Class

David Hankins, M.D.
- Psychiatry Clerkship Teaching Award, Weill Cornell Medicine
- Excellence in Teaching Award, Weill Cornell Medicine

Heather Kawalick, M.D.,
- Department of Psychiatry Certificate for Dedicated Teaching and Outstanding Mentorship in Medical Student, Weill Cornell Medicine

Daniel Knoepflmacher, M.D.
- Best Healthcare Podcast - Platinum (On the Mind), eHealthcare Leadership Awards

Francis S. Lee, M.D., Ph.D.
- 2023 Power Players in Medicine, PoliticsNY and amNY Metro

Conor Liston, M.D., Ph.D.
- Jeanne and Herbert Siegel Award for Outstanding Medical Research
- 2023 Thomas William Salmon Medal in Psychiatry, NYAM
- Eva King Killam Research Award, ACNP

George Markari, M.D.
- Anisfield-Wolf Award for Non-Fiction
- Elisabeth Young-Bruehl Prejudice Award, International Psychoanalytic Association

Gabriela Manzano Nieves, Ph.D.
- K99 Pathway to Independence Award, NIH Brain Initiative

Chloe Nims, M.D.
- Distinguished Service to Education Award, Weill Cornell Medicine

Lauren Oberlin, Ph.D.
- K23 Early Career Development Award, NIMH
Siobhan O’Herron, M.D.
- Department of Psychiatry Certificate for Dedicated Teaching and Outstanding Mentorship in Medical Student, Weill Cornell Medicine

Michael A. Perelman, Ph.D.
- Lifetime Achievement Award from the Sexual Medicine Society of North America

Cynthia Pfeffer, M.D.
- 2023 Top Doctors, Castle Connolly

Katherine Phillips, M.D.
- 2023 Exceptional Women in Medicine, Castle Connolly
- 2023 Top Doctors, Castle Connolly

Matthew Shear, M.D.
- 2023 Top Doctors, Castle Connolly

Zhenzhen Shi, M.D.
- Faculty Council Excellence in Teaching Award, Weill Cornell Medicine

JoAnne Sirey, Ph.D.
- NIMH $3.7 Million R01 Grant for “Intervention to Reduce Depression Among Elder Abuse Victims: Type 1 Hybrid Trial of Tele-PROTECT”

Nili Solomonov, Ph.D.
- NIMH $3.5 Million R01 Grant for “Target Engagement During Social Reward Psychotherapy for Mid- and Late-Life Suicidality: A Precision Imaging Trial”
- NARSAD Young Investigator Award, Brain and Behavior Foundation

Alma Spaniardi, M.D.
- 2023 Quality Improvement Academy Class

Andrea Temkin-Yu, Psy.D.
- Ritu Banga Healthcare Disparities Research, Weill Cornell Medicine

Frank Yeomans, M.D., Ph.D.
- Doctor Honoris Causa, University of Valparaiso in Chile

Resident Awards
Rachel Arnesen, M.D.
- Oscar Diethelm Prize, Weill Cornell Medicine

Rebecca Breheney, M.D.
- 2023 AAGP Scholars Program

Alexander Christian, M.D.
- Educational Outreach Award, AACAP

Norman R. Greenberg, M.D.
- Benjamin Rush Scholarship in History of Psychiatry
- July 2023, Graduate Staff of the Month Award, NewYork-Presbyterian/ Weill Cornell Medical Center

Nia Harris, M.D.
- Sheldon Miller Early Career Award, AAAP
- REACH Fellowship Award, AAAP
- 2023 Distinguished Housestaff Award, Weill Cornell Medicine Alumni Council

Ade Ilesanmi, M.D.
- Underrepresented Minority Scholarship, AAAP Psychoanalytic Fellowship, NYPSI

Student Awards
Chimsom Orakwue
- Compassionate Physician Award, Weill Cornell Medicine Department of Psychiatry

Jenny Lin
- Richard N. Koh Prize, Weill Cornell Medicine

Staff Awards
Mariel Emrich
- Frank W. Putnam Trauma Research Scholars Award

Sydney Kishimoto
- Best Healthcare Podcast - Platinum (On the Mind), eHealthcare Leadership Awards
- Best Digital Marketing Campaign - Platinum (Suicide Prevention Month) eHealthcare Leadership Awards
- Standing Ovation Award, Weill Cornell Medicine External Affairs