

## Annual Holiday Newsletter 2018

Dear Friends:

In keeping with tradition, it is a pleasure to share highlights of the Department of Psychiatry's progress of the past year and honor the accomplishments of our faculty and staff, as well as the support and encouragement of our friends and colleagues, all of which provides the foundation for our achievements.

Our Department benefits from the connection to a thriving Medical School and Hospital and the support of an august body of institutional leaders including **Augustine Choi, MD**, Dean and Provost; **Carl Nathan, MD**, Dean of the Graduate School; **Michael Stewart, MD, MPH**, Vice Dean of WCM; **Peter Schlegel, MD**, Senior Associate Dean, Clinical Affairs; **Hugh Hemmings, MD, PhD**; Senior Associate Dean, Research; **Barbara Hempstead, MD, PhD**, Senior Associate Dean, Education; **Robert Min, MD, MBA**, President and CEO, Physician Organization. From the Hospital: **Steven Corwin, MD**, President and Chief Executive Officer; **Laura Forese, MD, MPH**, Executive Vice President and Chief Operating Officer; **Katherine Heilpern, MD**, SVP and COO NYP/Weill Cornell; and **Herbert Pardes, MD**, Vice-Chair, Board of Trustees.

Having been appointed Chair of this distinguished Department in July, I am grateful to the leadership of the Medical School and Hospital for their generous support and personal investment in my vision for the Department's future. In addition, I have enjoyed the opportunity of meeting many of our faculty, trainees, nurses, and staff and have been impressed with the creative ideas that have helped shape the initiatives we will be working on in the future. I look forward to continuing an ongoing dialogue on how to sustain and nurture the strong and unique elements of the Department while embracing new initiatives, innovations, and talent to advance our mission.



Jack Barchas, MD, Professor of Psychiatry and DeWitt Wallace Distinguished Scholar and former Chair of Psychiatry, WCM (left). Robert Michels, MD, Walsh McDermott University Professor of Medicine; former Dean and Chair of Psychiatry, WCM (right). Taken on June 19, 2018 at the reception honoring Dr. Barchas' transition from the role of Chair.

For the last twenty-five years, our Department has thrived under the gifted leadership of **Jack Barchas, MD**, who is renowned for advancing the field with his scientific accomplishments as well as for his administrative acumen. I personally remain so grateful to Jack for his many years of mentorship that has prepared me for this position. His high intellectual standards, coupled with his generosity of spirit and dry sense of humor, have been the guiding principles upon which I have relied. In addition, as Co-Site Directors of the Pritzker Consortium, Jack and I will continue to work together along with our colleagues across four other institutions coordinating studies investigating the neurobiological causes of the major psychiatric disorders.

**Robert Michels, MD**, has been an important influential figure in my life as well as for the Department and Medical School. He was my clinical and academic mentor starting in my training years and has provided invaluable advice and counsel to me over the course of my career.

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## Advancing Research and Scholarship

I expect that over the next several years rapid advances in neurobiology will improve our understanding of brain circuitry-syndrome relationships leading us to neurobiologically-informed treatments. To that end, **Conor Liston, MD, PhD** and **Faith Gunning, PhD**, have brought together their expertise in novel computational neuroimaging approaches and experimental therapeutics to conduct an NIMH-funded study to test a computational strategy developed by Dr. Liston at the **Weill Cornell Sackler Institute for Developmental Psychobiology**. The goal is to confirm neuroimaging biomarkers of novel subtypes of depression and anxiety in individual patients. In addition, they, along with **Marc Dubin, MD, PhD**, will be awarded a large multi-site grant from NIMH to conduct the pivotal study to test and replicate this computational neuroscience approach in a randomized controlled trial that will definitively evaluate their ability to improve the efficacy of a network-based neurostimulation approach for treatment resistant depression.

Our **Weill Cornell Institute of Geriatric Psychiatry**, headed by founding director **George Alexopoulos, MD**, is recognized as one of the country's premier programs conducting ground-breaking research in late-life psychiatric disorders, training future research and clinical leaders, and providing high-quality specialized care to older adults. As the Director of an NIMH-supported ALACRITY Center grant, Dr. Alexopoulos and his colleagues continue their work with community-based partners on developing novel behavioral interventions informed by neurobiology and utilizing mobile technology to treat depression in older adults.

**Jo Anne Sirey, PhD**, has been awarded a new contract by the New York City Department for the Aging to expand delivery of the PROTECT intervention to reduce depression among elder abuse victims throughout the five boroughs. This contract expands our Department's mission to deliver care to vulnerable adults with mental health treatment needs identified outside of medical service settings. **Dimitris Kiosses, PhD**, continues his NIH-funded research of a psycho-social intervention designed to prevent suicide, in addition to a treatment trial which evaluates the effectiveness of interventions on the improvement of cognitive impairment and depression. He has traveled extensively this past year at the invitation of multiple countries around the world to share his preliminary findings as well as lead clinical trainings for mental health providers. New to the faculty after completing Dr. Alexopoulos's T32 training fellowship, **Jennifer Bress, PhD**, has received an NIMH-funded K23 young investigator award that assesses target engagement in depressed older adults receiving psychotherapy therapy using ERP and a panel of other positive valence system measures.

One of the greatest challenges of psychotherapy research, particularly in the area of psychodynamic treatments, is translating and implementing demonstrated, efficacious treatments to the community. **Barbara Milrod, MD**, is conducting a pilot randomized controlled trial, supported by grants from the American Psychoanalytic Association's Fund for Psychoanalytic Research, The International Psychoanalytic Association, and the Weill Cornell Clinical Translational Science Center's pilot award, designed to test a time limited, efficacious manualized psychodynamic psychotherapy for veterans with PTSD, Trauma-Focused Psychodynamic Psychotherapy, a modification of PFPP. The study represents a rare and important opportunity to demonstrate psychodynamic psychotherapy's broad applicability and relevance by making this otherwise inaccessible yet efficacious treatment available to our veterans.

**JoAnn Difede, PhD, Director of the Program for Anxiety and Traumatic Stress Studies (PATSS)** and **NYP Military Family Wellness Center** at the NYP/Weill Cornell campus, received a new grant from the Department of Defense (DoD) to conduct a trial of interpersonal therapy (IPT) compared to prolonged exposure (PE) for MST-related PTSD, and is collaborating with our Columbia University colleague, John Markowitz, MD, on this project. She and her colleagues across the country completed enrollment in a multi-site DoD funded combat-related PTSD treatment trial, and she is also continuing to enroll PTSD patients for her DoD funded study of a first-in-class medication trial for the treatment of PTSD. PATSS is an integral partner in the NYP Military Family Wellness Center that connects U.S. military service members and their families with high quality, evidence-based mental health service. The program is a partnership with Columbia University Vagelos College of Physicians and Surgeons made possible by a generous donation. The program launched a new website: <http://www.nyp.org/mfwc>. Dr. Difede is also

continuing her pioneering work developing virtual reality simulations to treat PTSD and pain with a new study, in collaboration with colleagues at the NYP Burn Center, to treat burn pain. She is developing a protocol to treat comorbid PTSD and chronic pain in veterans with generous foundation funding and working with colleagues at the Cornell Ithaca and Tech campuses to mentor doctoral research in the use of virtual reality simulations to treat pain and depression.

In August, we celebrated the accomplishments of **Catherine Lord, PhD**, who has stepped down as Director of the **Center for Autism and the Developing Brain (CADB)** to pursue an opportunity at UCLA. We are delighted that Dr. Lord remains an Adjunct Professor of Psychology at Weill Cornell Medicine with the honorary title of Founding Director of CADB. With Dr. Lord's departure, our founding institutions NYP, WCMC, CUIMC, and NEXT for Autism, are committed to the program's continued growth. A Search Committee for Dr. Lord's successor has been formed and we have begun interviewing candidates whose experience and core values align with our common goals. While we work together to identify a new Director, **Jeremy Veenstra-VanderWeele, MD**, was appointed Interim Director of CADB. **Elisabeth Sheridan, PhD**, continues as CADB's Clinical Director and has recruited a number of talented new clinical psychologists into the program. On the research front, **Rebecca Jones, PhD**, is the PI of a new R01 grant awarded to Georgia Tech. This project will develop innovative technology for data-driven, multimodal characterization of nonverbal communication in typical and atypical development. **So Hyun (Sophy) Kim, PhD**, continues her NIMH-supported investigation of the mechanisms of treatment for autism spectrum disorders with the goal of informing the development and dissemination of cost-effective and personalized treatment models. She is also the PI of a new R01 subaward from the Child Mind Institute focusing on the heterogeneity of outcomes in autism spectrum disorder by concentrating on the neural circuits underlying early changes in restricted repetitive behavior/interests.

**Juan Gallego, MD, MS and Anthony Ahmed, PhD** continue their NIMH-supported research of schizophrenia. Dr. Gallego conducts randomized controlled trials in patients with first episode schizophrenia and studies microRNAs in cerebrospinal fluid. Dr. Ahmed's projects focus on studying clinical and functional outcomes in people with severe mental illness including studying cognitive training interventions in people with schizophrenia.

I continue my basic neuroscience research studies of how growth and plasticity factors, such as BDNF and endocannabinoids, contribute to opening "sensitive periods" for fear regulation during adolescence with my collaborators at the **Weill Cornell Sackler Institute for Developmental Psychobiology**. In addition, along with **Jack Barchas, MD**, I co-direct the Cornell Site of the Pritzker Consortium that focuses on human neuroimaging studies and small molecule discovery efforts for depression and anxiety disorders.

**Otto Kernberg, MD, John Clarkin, PhD**, and their colleagues continue their study of predictors and mechanisms of change in the treatment of borderline patients with Transference-Focused Psychotherapy (TFP) while simultaneously working with Drs. Liston and Gunning to collect functional neuroimaging data supported by the Pritzker Consortium with the goal of identifying neuroimaging biomarkers for Borderline Personality Disorder.

In November, our Department co-hosted the joint annual Neuroscience Symposium with the UCSF Weill Institute for Neurosciences (WIN). These Symposia are organized on the premise that brain disorders such as Alzheimer's disease, autism and depression share significant neurobiological overlap and that the fields of neurology and psychiatry may synergistically provide important clues that can lead to new treatments for these conditions. In addition to oral presentations by **Rebecca Jones, PhD, So Hyun (Sophy) Kim, PhD, and Conor Liston, MD, PhD**, on their research, there were lively round table discussions on mood disorders with **Richard A. Friedman, MD, Faith Gunning, PhD**, and myself.

Among his many speaking engagements on the mind sciences this year, **George Makari, MD**, Director of the **DeWitt Wallace Institute for the History of Psychiatry**, delivered the Emmanuel Windholz Lecture in San Francisco. Associate Director **Nathan Kravis, MD**, published [On the Couch: A Repressed History of the Analytic Couch from Plato to Freud](#), with MIT Press. **Lawrence Friedman, MD**, published *Freud's Papers on Technique and*

*Contemporary Clinical Practice* with Routledge Press. The Institute continued its initiative to support responsible public debate on mental health and illness, including a web-based resource for statistics and facts created by **Megan Wolff, PhD**. The website, <http://psych-history.weill.cornell.edu/>, contains information pertaining to relevant topics such as chronic traumatic encephalopathy (CTE) and the impact of family separation and detention on the mental health of children. The Institute's Oskar Diethelm Library added 185 new titles, and supported the work of numerous researchers locally, nationally, and internationally.

Our faculty continue to contribute to the field with compelling new books including: **Kenneth Barish, PhD** [How To Be A Better Child Therapist: An Integrative Model for Therapeutic Change](#) (W.W. Norton and Co.); **Robert Leahy, PhD** [Science and Practice in Cognitive Therapy: Foundations, Mechanisms, and Applications](#) (The Guildford Press) and [The Jealousy Cure](#) (New Harbinger Publications); and **Sabina Preter, MD, PhD, Theodore Shapiro, MD,** and **Barbara Milrod, MD** [Child and Adolescent Anxiety Psychodynamic Psychotherapy](#) (Oxford University Press).

**Richard A. Friedman, MD**, continues with his contribution to the enhancement of public knowledge of issues relevant to psychiatry and psychology as a Contributing Op-Ed writer for the New York Times.

**Rosemary Stevens, PhD, MPH**, continues to lecture nationally on the subject her book [A Time of Scandal: Charles R. Forbes, Warren G. Harding, and the Making of the Veterans Bureau](#) and appeared as a history expert in Ken Burns' documentary on the Mayo Clinic – titled Mayo Clinic: Faith – Hope – Science.

### **Advancing Education and Training**

Our Department is distinguished by the quality of our training programs from medical student education, to our multiple residency training programs, to our pre- and post-doctoral psychology training. In addition to our full-time faculty, we have over 200 voluntary faculty who volunteer their time and effort to mentor and educate our trainees and whose breadth of expertise allows us to offer high-caliber training experiences. We appreciate the leadership of **Betsy Auchincloss, MD**, who serves as Vice Chair for Education for Psychiatry.

On the Psychology side, **Susan Evans, PhD**, Director of Education for Psychology and founding director of our highly rated, accredited psychology internship, and **Megan Hughes-Feltenberger, PhD**, Assistant Director of Education for Psychology at NYP/Westchester, do an outstanding job overseeing multiple academically rigorous pre-doctoral and post-doctoral clinical training programs.

Our WCMC medical students continue to rank psychiatry among the highest clerkships. In 2018, Weill Cornell Medicine matched 12% of our students into psychiatry with the national average being about 5%. Thanks to **Susan Samuels, MD**, Director of Medical Student Education and Psychiatry Clerkship Director, and **Dimitris Francois, MD**, Assistant Clerkship Director for NYP/Westchester, for their efforts in running this program.

We have a stellar team running our ACGME-accredited training programs including **Julie Penzner, MD**, General Residency Training Director; **Jimmy Avari, MD**, Assistant Training Director, NYP/Westchester, and Director for the Geriatric Residency Training program; **Rebecca Rendleman, MD**, Director for the Child and Adolescent Residency Training program; and **Helen Ding, MD**, Assistant CAP Residency Director, NYP/Westchester. Applications to our residency and psychology training programs continue to increase every year with the applicant pool ever stronger. In a year when approximately half of the child and adolescent residency programs didn't fill in the match, our program filled with outstanding candidates. Our residents engage in scholarship and career development through the Clinical Scholars Institute and multiple residents continue to publish in the psychiatric literature and to present at conferences. We remain committed to diversity and inclusion, and recently hosted implicit bias training for all residency program interviewers and residents. We plan to host this training in the future for faculty as well.

In addition to workshops for the faculty on how to teach formulation, our Disorder of the Quarter program is also a success. In the fall, we will have a DOQ on Autism Spectrum Disorders throughout the Life Span, and in the spring, a DOQ on Treating a Diverse Patient Population is being planned. We are also presenting an educational

series in the spring on the teaching of the psychiatric formulation at this year's Residency Director's Annual Meeting.

Wellness remains an area of educational focus for our trainees. The residency education team has begun a successful series of mentored conversations about enhancing meaning in medicine. As part of the well-being initiative, we have planned a pilot program for our general residency program in which each resident in the general program is given access to departmentally-sponsored fitness and wellness classes through "Classpass", a service that provides access to a global network of fitness opportunities. If successful, this pilot program will be expanded to include all residents and trainees.

We thank our talented Chief Residents from the General Psychiatry program: **Anne Clark-Raymond, MD; Rebecca Fein, MD; Alyson Gorun, MD; and Kristopher Kast, MD**, and from the Child and Adolescent Residency program: **Lauren Antler, MD; Meghan Conroy, MD; Lisa Mengwall, MD; and Colleen Turek, MD**.

We are grateful to the *Payne Whitney Faculty Council* and its current President **Jim Nininger, MD**, for their role in organizing four Grand Rounds presentations as well as a number of interesting educational and training workshops every year.

We thank **David Shapiro, MD**, and **Richard Kogan, MD**, for their creation of, and dedication to, the successful *Music and Medicine Initiative* that now involves many institutions and benefits the entire community.

## **Advancing Clinical Care**

Weill Cornell Psychiatry has an extensive range of clinical programs across our Manhattan and Westchester campuses with over 300 inpatient beds, hospital-based outpatient specialty clinics, and over 100 clinicians offering outpatient care through the Weill Cornell Physician Organization in multi-specialty centralized practice locations as well as independently. We have approximately 150 full time faculty who provide world-class care in these programs and also teach and train medical students, residents, and psychology trainees while pursuing research and scholarship, quality improvement projects, and serving on committees internally as well as nationally.

In May we welcomed **Guy Maytal, MD**, to the full time faculty as our new Chief of Integrated Care and Psychiatric Oncology. Dr. Maytal joined us from MGH/Harvard Medical School where, for over ten years, he developed and expanded multiple clinical programs serving as the Director of Primary Care Psychiatry, Director of Urgent Care Psychiatry Clinic, Medical Director of MGH Behavioral Health Integration Programs, and as the Medical Director of Ambulatory Services. Dr. Maytal is widely regarded for his expertise at the interface of internal medicine and psychiatry, in particular working with Primary Care Medicine and with Oncology. Dr. Maytal will lead the Department's **Collaborative Care Center** program and expand psycho-oncology services at NYP/Weill Cornell Medical Center to further the institution's goals to be a premier program for cancer care.

**Avital Falk, PhD; Faith Gunning, PhD; and Rebecca Jones, PhD**, are leading an effort as part of the Weill Cornell site of the *NYP Youth Anxiety Center* to develop a new mobile app that will deliver cognitive behavioral therapy to young adults struggling with anxiety. Unlike CBT apps that are currently available, this novel app will include incentives to increase adherence via a partnership with Way To Health, a research center at the University of Pennsylvania, which applies behavioral economics to study and increase patient engagement.

Our outpatient programs through the WCM Physician Organization (PO) continue to grow under the thoughtful leadership of **Justin Mohatt, MD**, Vice Chair for the Psychiatry PO. The **Weill Cornell Specialty Center**, our multidisciplinary outpatient program, celebrated its five year anniversary. Building on this successful model, The Weill Cornell Specialty Center – Westchester was launched in November in an elegantly renovated space on the campus of NYP/Westchester.

## **NewYork-Presbyterian Psychiatry**

NYP/Westchester received its second recertification and designation with distinction by the Planetree organization and advanced to Gold Tier status, the highest level of achievement in patient-centered care.

We enjoy a productive partnership with our colleagues in the Department of Psychiatry at Columbia University's Vagelos College of Physicians and Surgeons where together we constitute the **NYP Psychiatry Service Line**. I have already begun working closely with my esteemed colleague, **Jeffrey A. Lieberman, MD**, Chair of Psychiatry at CUIMC, to ensure the continued success of our world class joint programs including the Center for Autism and the Developing Brain, Youth Anxiety Center, Eating Disorders Program, and the Child and Adolescent Residency Program. Dr. Lieberman and I, along with **Philip J. Wilner, MD, MBA**, Senior Vice President and Chief Operating Officer, NYP/Westchester, and **Lou Baptista-Neto, MD.**, Vice Chair for Clinical Services at Columbia, are committed partners in fulfilling Dr. Corwin's goal to standardize, regionalize, and virtualize care across the NYP enterprise. Our service line is leading the way in providing care to emergency departments across the NYP campuses through our innovative telepsychiatry program.

Under the skillful leadership of Dr. Wilner, Psychiatry implemented a centralized Psychiatry Access Center using state of the art technologies to bring together all 530 psychiatric inpatient beds so a patient can be placed in any bed by our access team. The team is led by **Ruth Mendelowitz, LCSW**, whose leadership is instrumental to this effort. This past year NYP/Brooklyn and Gracie Square Hospital were integrated into the service bringing in all psychiatry beds across the NYP enterprise.

We relaunched our College Student Program under the new leadership of **Patricia Marino, PhD**. The program works with undergraduate and graduate institutions in the tri-state area to assist with the management of students in crisis needing inpatient care tailored to the needs of this population. The unit operates on the principles of Dialectical Behavior Therapy and Cognitive Behavior Therapy, providing the optimal treatment approach and provides individual and group therapy targeting coping skills and evidence-based care for mood disorders and first episode psychosis. Our staff partners with the student, family, and school to formulate the most appropriate and safest discharge plan. **Gwen Mancuso, LCSW, MPA**, the Referral Development Coordinator for NYP/Westchester and is an important partner in this program responsible for development of partnerships and with coordination with patients, patients' families, and the schools.

**Linda Espinosa, MS, RN**, Vice President and Chief Nursing Officer of NYP/Westchester and NYP/Weill Cornell Medical Center (Behavioral Health), continues to achieve success in maintaining high metrics in patient experience, employee engagement, and quality and patient safety, and overseeing our journey to Magnet status, an award given by the American Nurses' Credentialing Center to hospitals that satisfy a set of criteria designed to measure the strength and quality of their nursing. The Magnet site visit was a success and we are very optimistic that NYP/Westchester will receive Magnet designation and be the first campus to receive such designation across the NYP enterprise.

**Lisa Sombrotto, MD**, Associate Chief Quality Officer for NYP Psychiatry, and Vice Chair Clinical Services for Payne Whitney, continues to do an amazing job advancing the quality mission at NYP and overseeing the psychiatry hospital-based clinical services at NYP/Weill Cornell Medical Center in Manhattan. **Mark Russ, MD**, Vice Chair and Medical Director of NYP/Westchester, has done an excellent job leading this program, particularly with physician recruitment this past year. **Justin Mohatt, MD**, who serves as Interim Director for the Child and Adolescent programs across both campuses has also recruited a number of talented new faculty and has been working collaboratively with the Department of Pediatrics on advancing our integrated care approaches.

**Jon Avery MD**, has done an outstanding job leading NYP's efforts to develop harm reduction strategies for people who are opiate dependent. As well as continuing his education program to reduce provider stigma for patients with substance use disorder.

## Advancing Careers

Every year we have the privilege of celebrating faculty whose achievements are recognized with awards and honors including:

- **Babatunde Asemota, MD**, won the Physician of the Year Award from the Department of Nursing at NYP/Westchester in October.
- **Jack Barchas, MD**, received the Cooper Award for his brilliant leadership, research, and mentorship - presented to him on October 10<sup>th</sup> and on the same day received the Physician Partner Legacy Award from the Department of Nursing at NYP/Westchester, with gratitude and appreciation for his partnership with the Department of Nursing at the Westchester Division during 25 years as Psychiatrist-in-Chief.
- **John Barnhill, MD**, received the 2018 Miriam G. Wallach Award for Excellence in Humanistic Healthcare at the NYP/Weill Cornell Physician of the Year event on November 14, 2018 in Griffis Faculty Club. The Wallach Award was established by Mrs. Wallach's family to honor her memory and in appreciation for the quality of care she received at NYP. It recognized a physician who displays exceptional dedication to providing outstanding and compassionate patient-centered care.
- New faculty member **Renae Beaumont, PhD**, was the recipient of the Advance Global Australian of the Year Award in Education that celebrates international Australians who exhibit remarkable talent, exceptional vision, and ambition.
- **George Makari, MD**, was awarded the George Goldman Prize from the Columbia Psychoanalytic Center for lifetime achievement.
- **Jon Avery, MD** received the Brause Family Award for Medical Education, Research and Patient Care from the Medical School.
- **Jessica Spellun, MD**, received psychiatry's 2018 Distinguished Housestaff Award

We have a growing number of accomplished leaders overseeing our clinical, education, and research programs. We offer our congratulations and thanks to all the faculty who were appointed to new leadership positions this past year including:

- **Janet Chen, MD**, Chief of the Child and Adolescent Ambulatory Service, NYP/Weill Cornell. Dr. Chen was also selected for the Medical College's competitive Leadership in Academic Medicine Program (LAMP) for 2018.
- **Helen Ding, MD**, Chief of the Child and Adolescent Ambulatory Service and Assistant Training Director for the CAP Residency, NYP/Westchester
- **Avital Falk, PhD**, Director of the Pediatric OCD, Anxiety, and Tic Disorders Program
- **Alison Hermann, MD**, Clinical Director of the Weill Cornell Psychiatry Specialty Center in Manhattan
- **Faith Gunning, PhD** Vice Chair for Research representing an expansion of her role as Vice Chair for Psychology
- **Annie Li, MD**, Chief of the Pediatric Emergency Service at NYP/Weill Cornell

- **Michael McIntosh, MD**, Chief of the Adult Ambulatory Service, NYP/Westchester. Dr. McIntosh was also selected for the Medical College's competitive Leadership in Academic Medicine Program (LAMP) for 2018.
- **Kathy Phillips, MD**, Residency Program Research Director

We are so delighted to recognize the following faculty who were promoted this past year:

- **Jonathan Avery, MD**, Associate Professor of Clinical Psychiatry
- **Corinne Catarozoli, PhD**, Assistant Professor of Psychology in Clinical Psychiatry
- **Anna Fels, MD**, Clinical Professor of Psychiatry
- **Chaya Fridman, MD**, Associate Professor of Psychology of Clinical Psychiatry
- **Vivian Pender, MD**, Clinical Professor of Psychiatry
- **Matthew Specht, PhD**, Associate Professor of Psychology in Clinical Psychiatry
- **Peter Woodruff, MD, PhD**, Professor Psychiatry (Hamad Medical Corporation Affiliate)

## Advancing Diversity

We are committed to the goal of promoting and nurturing diversity in the Department and the field. We have a number of faculty who are devoted to this cause to whom we are grateful. We acknowledge and thank **Jess Zonana, MD**, who serves as the Department's Diversity Liaison and participates in numerous committees and events throughout the year.

We were delighted to have been one of three departments to sponsor a rotation for a NYP-sponsored diversity sub-internship this past July. This past year the Department, in collaboration with the Department of Pediatrics, established the Neil H. Merkatz, MD Memorial Visiting Minority Scholar Program in Integrated Child and Adolescent Psychiatry and Pediatrics that will provide an elective for a 4<sup>th</sup> year visiting medical student from an underrepresented minority who have an interest in either pediatrics or child and adolescent psychiatry.

A sampling of some of the other activities to promote diversity this past year include:

- Participation in Make Your Match 2018, a Residency Diversity Open House for medical students from underrepresented minorities;
- Collaboration with colleagues from Pediatrics and Medicine on the Weill Cornell Diversity Council in October 2018 to host our first of several workshops planned for the 2018-19 year to address issues of diversity and implicit bias;
- A strong showing by psychiatry residents and faculty at the Weill Cornell Wellness Clinic's 1<sup>st</sup> Annual Fundraising Gala in August to support the launching of a free, student-run LGBTQ mental health clinic; and;
- We are planning many exciting speakers in 2019 for Weill Cornell's Diversity Week and the Department of Psychiatry's Spring 2019 educational initiative, "Disorder of the Quarter," focusing on diversity, inclusion, and health disparities.

## Advancing Our Partnerships

### *Memorial Sloan Kettering Cancer Center's Department of Psychiatry*

We are proud of our affiliation with MSKCC that has the premier psycho-oncology clinical and research program in the world. Led by their Chair of Psychiatry **William Breitbart, MD**, who is among approximately thirty members with full time faculty appointments in Weill Cornell Medicine's Department of Psychiatry. Some of the faculty accomplishments include:

### *Books-MSKCC*

- Cancer Caregivers. **Applebaum, Allison (Ed)**, New York, NY: Oxford University Press. 2018

- Meaning-Centered Psychotherapy in the Cancer Setting. **Breitbart W** (Ed.). Oxford University Press, New York, NY, 2018.
- Meaning Centered Psychotherapy in Cancer Treatment Manuals (**Breitbart W**) translated and published in Japanese, Korean, Turkish, Portuguese, Spanish, Hebrew, Dutch in 2018

#### ***Faculty Awards and Honors-MSKCC***

- **Francesca Gany, MD, MS, Chief of the Immigrant Health and Cancer Disparities Service** was awarded the **OHTLI award by the Mexican government**, for work contributed to the improvement and well-being of Mexicans and Mexican-Americans.
- **David Kissane, MD** was recognized in the 2018 Australia Day Honors List on 1/26/18 and made a Companion of the Order of Australia (AC) “for eminent service to psychiatry, particularly psycho-oncology and palliative medicine, as an educator, researcher, author and clinician, and through executive roles with a range of national and international professional medical bodies.
- **William Breitbart, MD; Andy Roth, MD; Mary Jane Massie, MD; and Julia Kearney, MD** were selected as New York Magazine’s “Best Doctors” for 2018, published in New York Magazine’s “Best Doctors” issue in June 2018.

#### ***Training Achievements-MSKCC***

The MSK Department of Psychiatry and Behavioral Sciences’ “Psycho-oncology Education and Training Institute” conducted 4 national courses in 2018.

- **William Breitbart, MD and Andy Roth, MD** co-led a one-day course on “Psychopharmacology in Cancer Care: An Update for Clinicians of all Disciplines” on 3/3/18 at MSK.
- **Jamie Ostroff, PhD** led three two-day courses on “Assessment and Treatment of Tobacco Dependence in Cancer Care” on 3/2/18-3/3/18, 6/22/18-6/23/18, 10/19/18-10/20/18 at MSK.
- **Katherine DuHamel, PhD and Jun Mao MD** co-led a one-day course on “Sleep for Health: Approaches from Integrative Medicine and Psycho-Oncology”, on 5/5/18 at MSK.
- **Patricia Parker, PhD** led a two-day course on “Navigating Challenging Conversations Through the Cancer Trajectory: A Practical, Evidence-Based Approach for Oncology Clinicians”, on 9/21/18-9/22/18 at MSK.
- Two NCI R25 Training Grants are currently conducting multiple national 2-day training workshops for clinicians nationwide in: a) Tobacco Cessation Intervention (**Jamie Ostroff PhD**); and b) Meaning Centered Psychotherapy in Cancer (**William Breitbart, MD and the Psychotherapy Laboratory**)
- MSK-Cornell ACGME accredited Psychosomatic Medicine/ Consultation-Liaison Psychiatry Fellowship Training program matched all 6 slots in 2018.

#### ***Clinical Program Achievements-MSKCC***

- Meaning Centered Psychotherapy Program – William Breitbart, MD (Director)
- Bio-Behavioral Brain Clinic – Tim Ahles, PhD and Yesne Alici, MD (Directors)
- Tobacco Cessation Program – Jamie Ostroff, PhD and Lisa Carter-Harris, PhD (Directors)
- Caregivers program – Allison Applebaum, PhD (Director)
- Bereavement program – Wendy Lichtenthal, PhD (Director)
- Aging and Cancer Program – Chris Nelson, PhD, Kelly Trevino, PhD, and Andrew Roth, MD (Leaders)
- Adult and Pediatric Cancer Neuropsychology Program – Elizabeth Ryan, PhD, James Root, PhD, and Stephen Sands, PsyD (Directors)

#### ***Research Achievements-MSKCC***

- **Behavioral Sciences Service**

Dr. Jamie Ostroff and Dr. Lisa Carter-Harris were awarded multiple NCI RO1 grants to study Stigma in lung cancer screening; and Implementing Virtual Tobacco cessation treatment in Community Oncology

Practices. Dr. Jennifer Hay and Dr. Jada Hamilton received multiple NCI RO1 and R21 grants examining genetic risk modifier testing and cancer prevention interventions guided by genetic risk markers.

- **Immigrant Health and Cancer Disparities Service:**

5 NCI RO1 grants focusing on screening of Taxi Drivers for cancer risk; food insecurity in cancer patients (Dr. Francesca Gany, and Dr. Jennifer Leng); financial toxicity of cancer treatment (Dr. Victoria Blinder); and HPV prevention in Latino populations (Dr. Abraham Aragon).

- **Psychiatry Service:**

Dr. Tim Ahles and Dr. James Root received multiple NCI RO1 and SBIR grants to examine cancer treatment related cognitive impairment in cancer patients. Dr. Christian Nelson received an RO1 to study an ACT intervention for male sexual health. Dr. Kelly Trevino, Dr. Wendy Lichtenthal, and Dr. Allison Applebaum received NCI and American Cancer Society funding to study adaptations of MCP for grief, breast cancer survivors, caregivers; emotion focused therapy, fear of breast cancer recurrence using cognitive bias modification, CBT for advanced cancer patients.

### ***Weill Cornell Medicine – Qatar***

We acknowledge **Javaid Sheikh, MD**, Dean of Weill Cornell Medicine–Qatar and a member of our Department’s faculty, for his extraordinary leadership. With vision he is recruiting an outstanding group of faculty in various fields to the Qatar program who will be excellent collaborators for programs in New York.

### **Advancing Philanthropy**

We are grateful for the support we receive from donors, whose funding enhances our ability to achieve our missions, sustain excellence, and provide needed investment for our future. We recognize the invaluable support from the **DeWitt Wallace Reader’s Digest program of the New York Community Trust, the Mortimer Sackler Family, the Pritzker Foundation, the Dorman Foundation, Brain and Behavior Research Foundation, the McCormick Foundation, NEXT for Autism, the Sicher Family, the Siegel Foundation, the Simons Foundation, the Tusiani Family**, and a number of other private individuals who facilitate new directions and talented scholars. We are also deeply appreciative of the generosity of faculty members, who provide donations and engage in philanthropic efforts to support program development.

### **In Memoriam**

We paid tribute to **Beatrix Hamburg, MD**, who passed away this year. An extraordinary psychiatrist, researcher, and administrator, Dr. Hamburg’s groundbreaking work on peer counseling and in understanding the effects of stress in the lives of children advanced the field of Child and Adolescent Psychiatry at a time when children's mental health was profoundly neglected. Her clinical research on school-based programs for conflict resolution produced a magisterial volume titled “Learning to Live Together: Preventing Hatred and Violence in Child and Adolescent Development.” Dr. Hamburg was a Dewitt Wallace Distinguished Scholar at Weill Cornell for 15 years in the Department of Psychiatry, and impacted our programs with her wisdom, judgment, and leadership.

We were saddened by the unexpected loss of **David Pelino, MD**. Dr. Pelino was a Clinical Assistant Professor of Psychiatry and was on our voluntary faculty for almost thirty years following his graduation from the NYP’s residency program. He was a dedicated teacher, beloved by his patients and students.

### **In Acknowledgment of Our Administrative Leaders and Staff**

We have a remarkable team of dedicated administrative staff to whom I am deeply grateful, including our senior administrators: **Nora Contract**, Director of Operations, NYP Psychiatry; **Jennifer Walsh**, Vice Chair for Administration, WCM; **Brita Kube**, Assistant Administrator, **Tim Clark**, Senior Manager, **Andrei Gangal**, Financial Manager, **Pamela Trester**, Administrative Coordinator, and our extended administrative team: **Yasmine Akbar**, **Jude Allen**, **Joanne Ciallella**, **Nalini Deonarine**, **Shamila Dilmaghani**, **Elvisa Duraku**, **Zemfira Egelbaum**, **David**

**Eppenstein, Nicole Guidone, Rebecca Hellman, Rebecca Lovell, Sharon Pecache, JoAnn Rella, Kimberly Ruiz, Jason Satterthwaite, Carolyn Sedotti, Nicole Vital, and Geraldine White.**

I look forward to working with all of you in the year ahead to advance our shared mission. Best wishes for happy holidays and prosperous New Year!

Francis Lee, MD, PhD



Mortimer D. Sackler, M.D. Professor of Molecular Biology in Psychiatry  
Chair and Psychiatrist-in-Chief



Members of the Weill Cornell Psychiatry Art Exhibit Committee (left to right): Alvin Rosenfeld, MD; Patti Rohrlich; Jay Rohrlich, MD; Aaron Esman, MD; Rosemary Stevens, PhD, MPH; Jack Barchas, MD. Taken at the triennial psychiatry faculty art exhibit held in the spring and honoring longtime faculty member and friend to the Department Dr. Rohrlich.