

MESSAGE FROM THE CHAIR

Moving, Growing and Changing

We haven't published our departmental newsletter for several quarters. The reasons may become evident as I report on all that is going on in the department.

Moving:

The Rootstown contingent of the Department of Psychiatry has grown dramatically in the past few years. Our staff is now at 21 and more are coming soon. We outgrew our space in the suite across from the library long ago. Because there was not a single area large enough to accommodate the entire department, faculty and staff from the four programmatic areas that comprise the Department of Psychiatry on the NEOMED campus, the Best Practices in Schizophrenia Treatment (BeST) Center, the Center for Community Mental Health Research, the Criminal Justice Coordinating Center of Excellence and the Ohio Program for Campus Safety and Mental Health, now occupy four nearly contiguous suites on the second floor of the B Building, near the Ocasek Medical Library.

We wanted our staff to be as close together as possible and to be able to share work and camaraderie across our growing number of programs. No one program occupies a single suite. To avoid confusion, to have some fun and to acknowledge our history, we have named the suites after important people in the history of psychiatry. Our four suite areas are: the Dorothea Dix Suite (B227), the John F. and Edward M. Kennedy Suite (B237), the Benjamin Rush Corridor (A131) and the Philippe Pinel Suite (A144). Our conference room (A122) is named in honor of our largest benefactor, Margaret Clark Morgan. Stop by and learn more about the leaders we have honored.

Growing:

Our growth continues, and I attribute this to our remarkable faculty and staff.

Elsewhere in this newsletter you will read of the continued expansion of all of our programs. A sampling of new funding since July 1, 2015, includes: a continuation of our MEDTAPP grant, with a major new initiative to address optimal pharmacotherapy for schizophrenia; a separate expansion MEDTAPP award to support an interprofessional training in Motivational Interviewing initiative; a MEDTAPP partnership with Case Western and Ohio State to develop curricula for integrated mental health and primary care; a partnership with the Ohio Suicide Prevention Foundation to develop suicide prevention curricula at Ohio's medical schools; a line item in the state budget to support the Ohio Program for Campus Safety and Mental Health; a partnership with the Ohio Office of Criminal Justice Services (OCJS) and the Ohio Department of Mental Health and Addiction Services on a Bureau of Justice Assistance Grant to expand the capacity of the Criminal Justice Coordinating Center of Excellence; an invited OCJS grant to support Sequential Intercept Mapping with a focus on opiate addiction; and a grant from the Treatment Advocacy Center to study current practice and identify perceived barriers to using court-ordered outpatient treatment in Ohio. All of this happened while our staff continued to do the impressive work that they do every day.

Changing:

The BeST Center is the largest program in the department. It is achieving its mission of improving the lives of many people with schizophrenia throughout the state of Ohio (and beyond) and doing so faster than I could have imagined. The concept of a BeST Center as an incubator to help organizations that treat individuals with schizophrenia implement those practices that have been shown to be effective, had a long gestation period. The idea emerged at a 2006 Margaret Clark Morgan Foundation forum. Dr. Jeffrey Moore and Margaret Clark Morgan Foundation Trustee Emeritus Mr. Bill Fellows should get full credit for the idea. An extended planning process, two full applications and lots of consultation led to a proposal for a BeST Center. One of the consultants engaged in the planning process, Lon Herman, became so intrigued with the idea that he applied to serve as the director after the BeST Center was funded in February 2009. Lon's unique blend of systems' knowledge, passion for the mission, creativity and energy brought the idea of a BeST Center to reality. Lon helped assemble a talented and committed staff. Lon engaged his extensive network of leaders at the state and national level and took every opportunity to move the BeST Center forward.



Mark R. Munetz, M.D.

Message from the chair continued

A few of the results from this combination of knowing everyone and being ready when opportunities presented themselves include:

The BeST Center became one of only four national pilot sites for the NIMH Recovery After an Initial Schizophrenia Episode (RAISE) project. This helped us jump start our FIRST early identification and treatment of psychosis programs, years ahead of schedule, and had us ready to respond to the SAMHSA block grant application to establish first episode psychosis programs. While most states are just starting to establish first episode psychosis programs, Ohio has nine FIRST programs serving 13 counties. Lon and his team are now part of national discussions about how this can be done in other states, and they have been invited to create publications, participate in webinars and provide technical assistance, consultation and training to other states.

The BeST Center partnered with Health Management Associates to complete a study which demonstrated that the primary driver of the high health costs for individuals with schizophrenia are not mental health costs but the costs of treating other health conditions, including ambulatory care sensitive conditions. This helped shape how state leaders think about the importance of integrating primary and mental health care, an ongoing priority of the BeST Center.

Lon recently announced his decision to retire as director of the BeST Center around July 1, 2016. Lon's drive for the BeST Center to succeed has been based on his real commitment to improving the lives of people with serious mental illness, and he has helped to create a successful, sustainable program. We will try to fill his shoes.

Lon will retire knowing that the center he has helped develop is a national model of a private, public, academic partnership, and that the BeST Center will clearly continue to thrive and grow in the years to come. I know that Lon's energy is such that retirement won't mean the end of his work on behalf of people with mental disorders. While he still has six months to go, I would like to thank Lon now for the work he has done for NEOMED, the Department of Psychiatry and the BeST Center and to wish him well in retirement.



Mark R. Munetz, M.D.
The Margaret Clark Morgan
Endowed Chair in Psychiatry

Ohio Program for Campus Safety and Mental Health

This summer the Ohio Program for Campus Safety and Mental Health received a boost through legislative action. Rep. Marlene Anielski (R-District 6) introduced House Bill 28, which requires all state institutions of higher education to “develop and implement a policy to advise students and staff on suicide prevention programs available on and off campus.” The bill was passed by both houses unanimously and signed into law by Ohio Gov. Kasich with an effective date of October 15, 2015. Campuses are also required to have written plans to guide their response to a suicide or a “postvention plan.” Research shows that an institution's response to a suicide can reduce the risk of suicide clusters. Trainings to assist campuses in preparation of postvention plans were held at NEOMED, University of Cincinnati and Mercy College in Toledo.



Rep. Marlene Anielski (R-District 6) was the author of House Bill 28, which requires state institutions of higher education to develop suicide prevention plans. On Oct. 19, 2015, she and Sen. John Eklund (R-District 18) spoke at NEOMED as part of the postvention training.

The OPCSMH trained 62 campus staff members representing 31 campuses across the state.

Additional funding in the state's biennial budget has enabled the return of Collaborative Program Development Grants (CPDG). This year 13 institutions will receive funding to implement suicide prevention programming and jump-start their HB 28 compliance.

FY 2016 CPDG Submissions		
Board Area	Campus	Proposal
Allen/Auglaize/ Hardin Counties	Ohio State University- Lima	Mental Health First Aid
Cuyahoga County	Cleveland State University	Peer education program
Franklin & Delaware-Morrow Counties	Columbus State Community College	Mental Health First Aid
Gallia/Jackson/ Meigs Counties	University of Rio Grande Community College	Suicide prevention resources, training at freshman forum, promotional items for students
Hamilton County	Good Samaritan College	Host two speakers from Lindner Center; In-house pastoral care staff training; EAP speakers; HELP folder; Active Minds on campus
Hamilton County	University of Cincin- nati/ Xavier University	Promotion of text line
Lake County	Lakeland Community College	App development, promotional items
Lorain County	Lorain County Community College	Develop and distribute suicide prevention materials targeting LGBT and veterans
Miami/Darke/ Shelby counties	Edison Community College	Mental Health First Aid
Stark County	Kent State Stark and Malone University	Educational materials/training
Stark County	Stark State College	Positive Steps campaign, trainings, promotional items for faculty and students
Warren/Clinton counties	Sinclair Community College, Courseview Campus	MindKare screening kiosk
Wayne-Holmes counties	University of Akron- Wayne Campus	QPR training for trainers and faculty/staff

Court-Ordered Outpatient Treatment

The Department of Psychiatry received a grant (Christian Ritter, Ph.D., principal investigator) from the Treatment Advocacy Center (TAC) to disseminate the practice of Court-Ordered Outpatient Treatment as described in Senate Bill 43, which was signed into law Sept. 17, 2014. A survey of all 88 Ohio probate courts and 50 board areas to determine the extent of utilization and gauge local interest in the process is underway. On April 21, 2016 a forum, sponsored by The Margaret Clark Morgan Foundation, will bring teams from interested counties together to learn more about this evidence-based practice from national experts as well as experts from Butler and Summit counties with experience in implementing court-ordered outpatient treatment.

Best Practices in Schizophrenia Treatment (BeST) Center

New BeST Practice: Cognitive Enhancement Therapy

The BeST Center and Coleman Professional Services are partnering to offer a new BeST practice, Cognitive Enhancement Therapy (CET). CET is an 18-month cognitive rehabilitation intervention that includes both neurocognitive and social cognition training. One of its goals is to help individuals with schizophrenia spectrum disorders to function more effectively and comfortably in a variety of social situations.

Currently eight individuals are participating in a CET pilot intervention based at Coleman Professional Services' Portage County offices.

BeST Center staff members Bryn Oldham, M.Ed., LPCC-S, consultant and trainer for CET and FIRST, and Vicki Montesano, Ph.D., PCC-S, LICDC, associate director, participated in initial CET training with Shaun M. Eack, Ph.D., and Maralee Litschge, MSW, from the University of Pittsburgh. They will continue to train and consult with Pittsburgh-based colleagues for the duration of the pilot project.

"CET is a manual-driven intervention that begins with approximately three months of weekly neurocognitive training sessions that are designed to build clients' mental stamina," says Oldham. "Clients work in pairs and complete computer-based activities that focus on improving attention, memory and problem-solving skills." In addition to the computer-based exercises, clients also have individual sessions with CET coaches. "Coaches discuss how the client has applied CET strategies and we also provide suggestions and encouragement," she adds.

After approximately three months of neurocognitive training, CET participants start attending weekly social-cognitive group sessions. "Each group meeting focuses on a psychoeducation topic and a corresponding activity from the CET program curriculum," says Oldham.

"CET focuses on enhancing neurocognitive abilities and social cognition in ways that help clients achieve personal recovery goals," says Montesano. At the onset of participating in the CET program, clients are asked to complete the Quality of Life Index. Scores are calculated for quality of life overall and in four domains: health and functioning, psychological/spiritual, social and economic and family. Clients rate how satisfied they are with each domain and how important each domain is to them.

Quality of Life Index scores are used to help clients set specific goals. Clients create posters that depict the goals they want to accomplish, and the posters are displayed during sessions so that group members can refer to them.

After group sessions begin, neurocognitive training and social-cognitive training proceed concurrently for the remainder of the program.

New Partners

Coleman Professional Services is New FIRST Trumbull County Partner

Coleman Professional Services has joined the Trumbull County Mental Health and Recovery Services Board and the BeST Center to offer FIRST Trumbull County, a comprehensive treatment program for individuals who have had an initial episode of a schizophrenia spectrum disorder who reside in Trumbull County, Ohio. FIRST Trumbull County treatment services are based at Coleman's 552 North Park Ave. offices in Warren, Ohio. FIRST Trumbull County provides immediate, state-of-the-art, sustained outpatient help. To make a referral or to learn more, please contact Carmella Hill, M.Ed., PCC, FIRST Trumbull County team leader at 330.541.1732.

Centers for Families and Children is New CBT-p Partner

The Centers for Families and Children in Cleveland and the BeST Center are partnering to implement the BeST practice of Cognitive Behavioral Therapy for Psychosis interventions. BeST Center senior consultant and trainer Harry Sivec, Ph.D., is training therapists and case managers in tools and methods that they can use to help individuals with schizophrenia cope with illness symptoms. Dr. Sivec also provides staff members with ongoing individual and group feedback and follow up related to using CBT-p interventions.

The BeST Center is offering **New Programs** as part of its Family-based Services and Integrated Primary and Mental Health Care BeST practices.

Family-based Services: Loved Ones Involved in a Network of Care (LINC)

The Best Practices in Schizophrenia Treatment (BeST) Center, Cleveland Clinic's Lutheran Hospital inpatient psychiatry units and six mental health agencies, The Centers for Families and Children, Connections Health*Wellness*Advocacy, Murtis Taylor Human Services System, Psychological and Behavioral Consultants, Recovery Resources and Signature Health, are partnering to offer the Loved Ones Involved in a Network of Care (LINC) program. LINC is designed to be a seamless system of care centered on proactive family education and support and close care coordination. "Our hope is that LINC will lead to fewer psychiatric re-hospitalizations and improved quality of life for patients and their families," says BeST Center Associate Director Vicki Montesano, Ph.D. "This program will provide patients and families with practical, immediate help and support when they need it most: during crisis/hospitalization and during the critical transition between inpatient and outpatient treatment."

LINC is a brief intervention adapted from Consumer Centered Family Consultation, a promising treatment practice developed in New York. Danelle Hupp, Ph.D., BeST Center managing consultant/trainer for family-based services, trains hospital social work staff, interns and community clinicians to serve as LINC consultants. LINC consultants guide patients and families through a LINC manual focusing on mental illness education and communication and problem-solving skill building. Families and patients will participate in up to six, one-hour sessions with a LINC consultant. Hospital staff will conduct initial LINC sessions with interested patients and families. Follow-up appointments will be scheduled with agency-based LINC consultants, allowing patients and families to continue with LINC in outpatient settings.

LINC training for the program focused in the Greater Cleveland area took place in October, and treatment services began in early November. The BeST Center and the University of Toledo College of Medicine plan to bring the LINC program to the Greater Toledo area in the near future.

Integrated Primary and Mental Health Care: Integrated Community Psychiatry and Primary Care Fellowship

To develop a workforce that can effectively care for individuals with complex co-occurring psychiatric and physical conditions, NEOMED's Psychiatry and Family and Community Medicine departments are offering a one-year, post-residency integrated community psychiatry and primary care fellowship training program. The fellowship program began in July.

"An interprofessional healthcare team is essential to offering holistic, patient-centered, effective care," says Janice Spalding, M.D., FAAFP, vice chair of NEOMED's Department of Family and Community Medicine and fellowship co-director.

"We have developed an interprofessional curriculum and training program to equip practitioners with the knowledge, skills, experience and values to support integrated team-based care," says Douglas A. Smith, M.D., DFAPA, NEOMED director of community psychiatry and fellowship co-director.

"Fellows are attending-level physicians employed by organizations that provide integrated primary care and mental health and/or addictions treatment. They dedicate four-and-a-half days per week to clinical work and program development and a half-day to didactics and supervision with our fellowship faculty," says Nichole E. Ammon, M.S.Ed., PCC-S, NEOMED's Best Practices in Schizophrenia Treatment (BeST) Center manager for integrated healthcare initiatives and the fellowship program coordinator.

"The integrated care fellowship appealed to me because its mission is in-line with the future of psychiatry and primary care. I thought it would be a great opportunity to strengthen my leadership skills and to learn more about effective team-based care," says Integrated Care Fellow Crystal Rozea-Thomas, M.D. Dr. Rozea-Thomas is a child and adolescent psychiatrist with Children's Advantage in Ravenna, Ohio, and a 2004 NEOMED graduate.

"Up until now, integrated care has been a concept that sounded great on paper but was difficult to incorporate into practice. Through this fellowship, my aim is to do just that; to optimize the level of care provided to our patients," says Vikil Girdhar, M.D., an integrated care fellow who is a family physician with AxxessPointe Community Health Center.

The NEOMED Integrated Community Psychiatry and Primary Care Fellowship program is seeking applicants for the program that will begin July 1, 2016. Applicants must have completed an ACGME-accredited training program in psychiatry or primary care (family, internal, pediatric medicine and others) and be able to obtain an Ohio medical license by the start of the fellowship. This is not an ACGME-accredited fellowship. To learn more or to apply, please visit www.neomed.edu/bestcenter or contact IntegratedCareFellowship@neomed.edu.

The Integrated Community Psychiatry and Primary Care Fellowship program receives support from a Medicaid Technical Assistance and Policy Program Healthcare Access Initiative (MEDTAPP HCA) continuation grant.

Thank you to the Integrated Community Psychiatry and Primary Care Fellowship guest lecturers:

- James R. Boex, Ph.D. — Public health
- John M. Ellis, LISW-S, LICDC-CW, ICCS — Grant writing and confidentiality laws related to substance use
- Frederick J. Frese, III, Ph.D. — Schizophrenia
- Lon C. Herman, M.A. — Financing the mental health system
- Charles B. McVeigh, MPH, FACHE — Leadership and management in healthcare
- Marc Osipchak, M.S.S.A., LISW-S — Transitional youth Assertive Community Treatment

Psychiatry Faculty and Constituents

Presentations

- ◆ **Bonfine, Natalie.** 2015. “The Integration of Criminogenic Risk and Behavioral Health Needs Assessment in Mental Health Courts.” Presented at the 71st Annual American Society for Criminology Conference, Washington, D.C., Nov. 18-21.
- ◆ The 12th All-Ohio Institute on Community Psychiatry Integrating Care:
 - ◇ **Mark Munetz** and **Ruth Simera**, presented “Using Sequential Intercept Mapping for Community Action Planning”
 - ◇ **Nichole Ammon, Lon Herman, Douglas Smith, Jody M. Bell, Janice Spalding** and **Ron Rett** presented “S4b: Using an Interprofessional Consultation Team to Enhance Workforce and Learner Experiences in the Integration of Mental Health and Primary Care”
 - ◇ **Eric Reed, Duska Crane, Lon Herman** and **Dale Svendsen**, “Integration of Mental and Physical Healthcare in Ohio Graduate Psychiatric Education: A Follow-Up Study”

Publications

- ◆ **Stanton, Robert J., Paxos, Chris, Geldenhuys, Werner J., Boss, Jessica L., Munetz, Mark,** and **Darvesh, Altaf S.** Clozapine underutilization in treatment-resistant schizophrenia. *The Mental Health Clinician* 2015;5(2): 63-7. DOI:10.974/mhc.2015.03.063.
- ◆ **Adams, Richard E., Ritter, Christian, Bonfine, Natalie.** “Epidemiology of Trauma, Life Events, and Hassles among People with Severe Mental Illness.” *Psychiatry Research* 230(2): 609-615. <http://dx.doi.org/10.1016/j.psychres.2015.10.012>
- ◆ **Munetz, Mark R.** and **Bonfine, Natalie.** 2015. “From Boundary Spanning to Deep Partnerships.” *Psychiatric Services* 66 (9): 901. doi: 10.1176/appi.ps.660902
- ◆ **Skubby, David, Bonfine, Natalie, Tracy, Hattie, Knepp, Kristen,** and **Munetz, Mark.** 2015. “The Help-Seeking Experiences of Parents of Children with a First-Episode of Psychosis.” *Community Mental Health Journal* 51: 888-896. doi: 10.1007/s10597-015-9877-1
- ◆ **Hartman-Stein, P.E.,** Better brain health through behavior is promoted, *The National Psychologist*, Vol. 24, No. 4, p. 18 July/August 2015
- ◆ **Hartman-Stein, P.E.,** GAO Criticizes how Medicare payment rates are set, *The National Psychologist*, Vol. 24, No. 4, p.18 July/August 2015

Notable Achievement

- ◆ Congratulations to **Altaf Darvesh, M.Pharm., Ph.D.,** on receiving the 2015 NEOMED College of Pharmacy P3 Teacher of the Year Award!

Appointments

- ◆ **Moshe A. Torem, M.D., ABPN,** was elected president of the American Society of Clinical Hypnosis.

New Book Release

- ◆ *The Cure for Everyday Insanity* by **John Nadas, M.D.,** is now available as a Kindle book on Amazon.

Ohio Criminal Justice Coordinating Center of Excellence (CJ CCoE)

Centers of Excellence from U.S. Gather at NEOMED

On Oct. 1, 2015, NEOMED hosted a one-day meeting, "Accelerating the Impact of Centers of Excellence for Justice Involved Persons with Mental Disorders" funded by The Margaret Clark Morgan Foundation through a grant to Policy Research Associates (PRA), Inc. The meeting was facilitated by Hank Steadman and Dan Abreu from PRA. The purpose of the meeting was to assess what the current and soon-to-be funded centers of excellence have accomplished to date and how to enhance the impact of these centers.

Teams of three people from each of the three fully operational centers of excellence (Pennsylvania, Illinois and Ohio) were invited, along with teams from centers that are near to funding and implementation in Virginia and Florida, and representatives from centers doing analogous work in Wisconsin, New York, Colorado and Massachusetts. Stakeholders in Ohio's Criminal Justice Coordinating Center of Excellence (CJCCoE) at NEOMED, the Ohio Department of Mental Health and Addiction Services (ODMHAS), the Office of Criminal Justice Services (OCJS), and the National Alliance on Mental Illness of Ohio also attended.

The gathering was a great opportunity for these centers, whose shared mission is to improve the public health and public safety capacity for justice-involved persons with mental illness by serving as a resource for criminal justice and behavioral health systems, to showcase what they have done and learn from peers in other states. The group identified common, core characteristics important to effective work of the centers, including use of the Sequential Intercept Model; dissemination of best practices; evidence and data; field-based technical assistance; evaluation; and statewide collaboration. They initiated plans for maintaining a peer network among the centers.

Sequential Intercept Mapping

The CJCCoE has completed three years of Sequential Intercept Mapping and Taking Action for Change workshops in Ohio counties through Byrne Memorial Justice Assistance Grant funding from the Office of Criminal Justice Services. In 2015, mapping and planning exercises that focused on reducing the over-representation of people with mental illness in the justice system were completed in Warren, Tuscarawas and Gallia counties. Each community identified five priority areas and will be working to implement specific action plans to improve service delivery. In Tuscarawas County, the exercise also resulted in the formation of a CIT Steering Committee. The steering committee established plans to host its first Crisis Intervention Team (CIT) training in February 2016.

Most recently, the CCoE was invited by the Office of Criminal Justice Services to adapt the Sequential Intercept Mapping model to address the opiate epidemic in Ross County, where a state-sponsored Heroin Partnership Project is underway. This pilot mapping exercise took place Dec. 7-8, 2015, with local stakeholders from multiple systems participating and members of the state team observing and providing support for implementing the action plan.



Ohio participants of the national gathering of Criminal Justice & Mental Health Centers of Excellence with facilitator Dr. Henry Steadman of Policy Research Associates, Inc.

Bottom to top, left: Mark R. Munetz, M.D. (chair, Department of Psychiatry, NEOMED), Chris Nicastro (chief, Bureau of Criminal Justice Services, ODMHAS), Kathy Coate-Ortiz (ODMHAS), Mark Hurst, M.D., (medical director, ODMHAS)

Bottom to top, right: Thom Craig (senior program officer, The Margaret Clark Morgan Foundation), Hank Steadman (PRA), Ruth Simera (program administrator, CJCCoE, NEOMED), Lisa Shoaf (statistical analysis center director, OCJS)



Local participants of the Ross County Heroin Project Sequential Intercept Mapping Workshop, December 2015



Local participants of the Gallia County Sequential Intercept Mapping Workshop, November 2015

Psychiatry Residency

Congratulations to our graduates

Nine 2015 NEOMED M.D. graduates started their residencies in psychiatry upon graduation. Three began residencies with the NEOMED Psychiatry Residency Program. Additional programs include Cleveland Clinic Foundation, Emory University School of Medicine (2), Dartmouth-Hitchcock Medical Center, Maricopa Medical Center and North Shore-LIJ Health System. Congratulations and best of luck to the first year-psychiatry residents.

NEOMED Psychiatry Residency Program Welcomes New Residents



Nicole Angermeier, M.D.
American U of Integ. Sci
At St. Maarten SOM
PGY1

Tetyana Bodnar, M.D.
NEOMED
PGY1

Mallory Kolich, D.O.
Ohio U COOM
PGY1

Marnie McGrath, M.D.
NEOMED
PGY1

Michael Redovian, M.D.
NEOMED
PGY1

Good luck to the Recent NEOMED Residency Graduates

- Sindura Saini, M.D. is now practicing at St. Louis Behavioral Medicine Institute in St. Louis, Mo.
- Lewis Spirtos, M.D., joined the staff at Mercy St. Elizabeth Health Center in Youngstown, Ohio.
- Elizabeth Hayford, M.D., started a child and adolescent psychiatry fellowship program at Akron Children's Medical Center in Akron, Ohio.

Best Wishes for a Prosperous and Healthy 2016

NEOMED's Department of Psychiatry trains undergraduate medical students, partners with Summa Health System and Akron General Health System to offer a general psychiatry residency program and has an affiliation with a child and adolescent psychiatry fellowship based at Akron Children's Hospital. The Department of Psychiatry also serves as an incubator for bringing evidence-based and promising practices to hospitals, clinics and communities. The department is home to the Best Practices in Schizophrenia Treatment (BeST) Center, the Ohio Criminal Justice Coordinating Center of Excellence, the Ohio Program for Campus Safety and Mental Health and the Center for Community Mental Health Research.