

MESSAGE FROM THE CHAIR

The statistics say a lot. According to the World Health Organization more people die every year from suicide than from conflicts, war and natural disasters combined. More than 44,000 Americans died by suicide in 2015, the last year for which the Centers of Disease Control has complete statistics. It is the second leading cause of death for people between the ages of 10 and 34. In the last few years, more members of the U.S. military died by suicide than in combat.

Statistics, however, don't begin to touch on the impact on any one of us when someone we know or love has been lost to suicide. Sadly, this academic year the entire NEOMED community has experienced such a loss, the suicide of a NEOMED first-year medical student. It is an unfathomable tragedy. Some may feel angry or guilty or scared. All of us are sad.

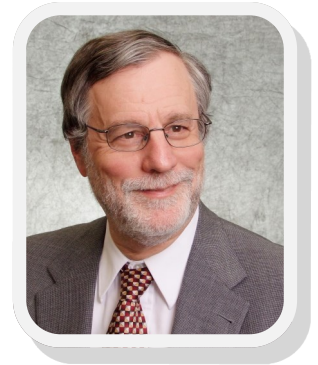
For a number of years we have included a class in the formal curriculum for first-year medicine and pharmacy students to help students recognize when they or a peer are showing signs of distress and to encourage students to seek help. In the past three academic years some very courageous students have participated in student-led panels in which students share their personal experiences with mental disorders and the benefits of treatment. This year, for the first time, our faculty stepped up as well, with a panel of four faculty members talking about their personal stories and how they benefitted from getting help.

All of this effort is aimed at convincing our students (and hopefully our faculty and staff as well) that if they are distressed, they should seek help; and if they recognize signs of distress in a peer they should encourage that person to get help. We want to create a culture at NEOMED where everyone feels that we all care for each other. Professional school is stressful, but that stress should be manageable; and if stress turns into distress, the distressed person should seek help, whether there is a diagnosable mental disorder or not.

NEOMED is fully committed to a culture of caring for one another. Developing and sustaining such a culture is part of what we call the NEOMED Cares! Initiative. Students should be viewed as strong for seeking help, not weak for experiencing distress. NEOMED Cares! is supported by our president and all three College deans. Resources exist on campus for students to receive counseling. There is a solid firewall between academic records and counseling services. We also can refer students to off-campus resources if needed. Even in a time of fiscal restraint, these resources have increased. We hope someday to have similar on campus support for faculty and staff, but I believe it was right to address student needs first.

There is an interesting, complex message that suicide prevention experts try to convey. The message is complex because the human mind is complex. On the one hand, suicide is preventable. Getting help when distressed is part of suicide prevention. Treatment works. Sometimes the treatment is just having someone to talk with. But because of its complex causes and the impulsive nature of a suicidal act, a particular suicide may not have been preventable. No one at NEOMED should feel responsible for the tragic loss of one of our students. But we should all do everything we possibly can to assure that there are no further suicides in the NEOMED community.

I hope this column leads to further conversation about how we can help one another when someone we know is in need of help.



Mark R. Munetz, M.D.

A handwritten signature in black ink that reads "Mark R. Munetz, M.D." with a stylized flourish at the end.

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

You will find resources to help those in distress on campus

For students: Schedule an appointment with a counselor: 330-325-6757

NEOMED After Hours on-call: 216-903-7873

Community resources are found by following this link: [Referral List](#)

And also within our community:

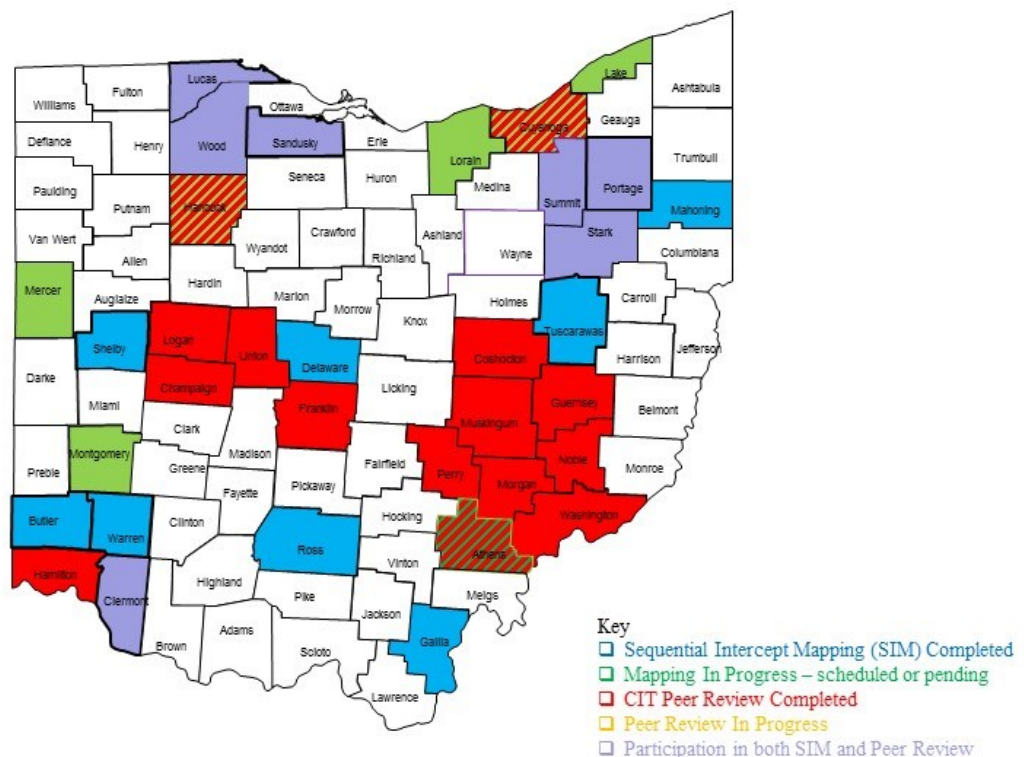


Criminal Justice Coordinating Center of Excellence (CJ CCoE)

The Criminal Justice Coordinating Center of Excellence (CJ CCoE) continued to aid Ohio counties in evaluating local strategies and establishing priorities for improvements related to addressing the over-representation of individuals with mental illness in the criminal justice system. This updated map shows growth in activity since September 2016:

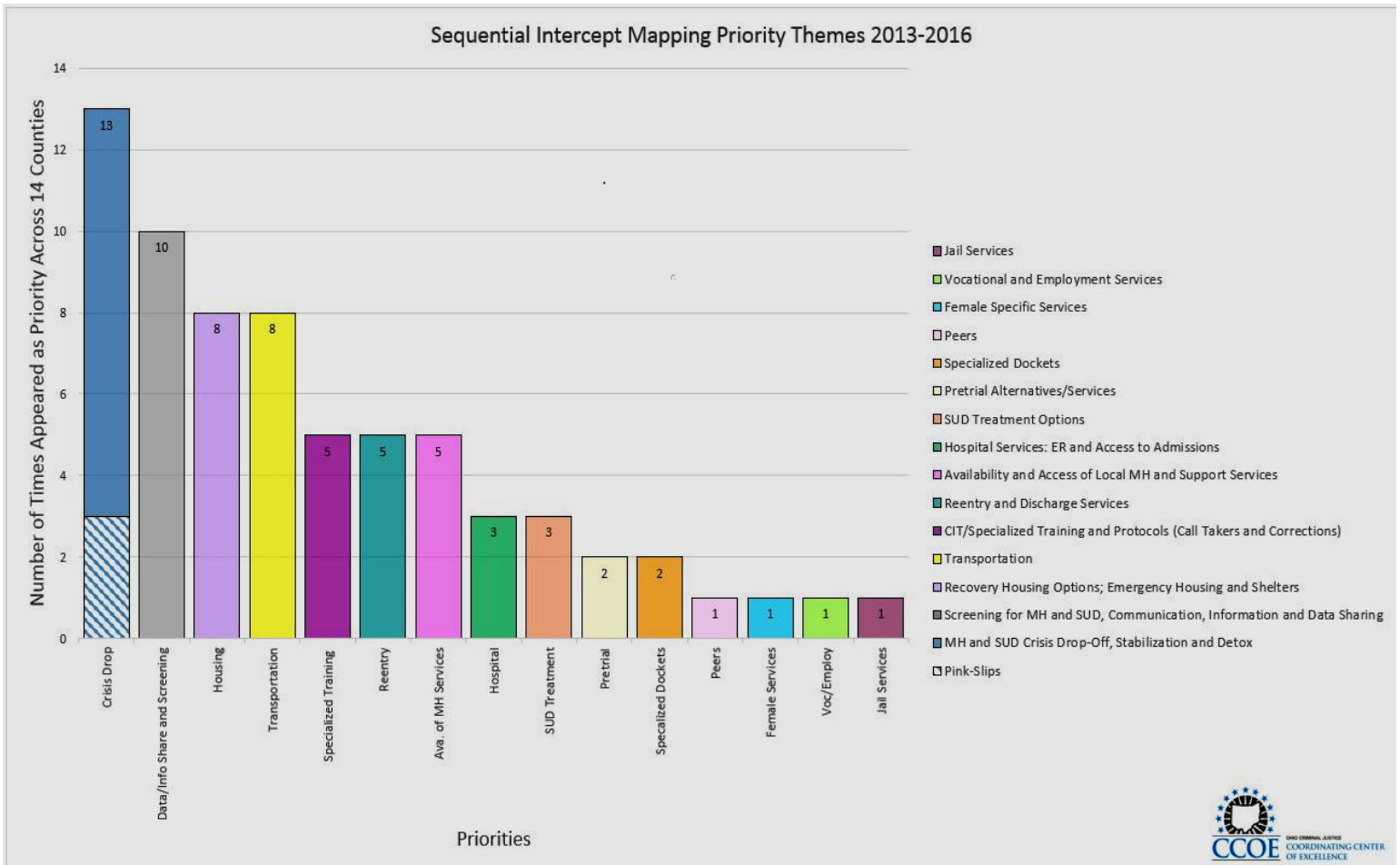
- Peer Review of CIT program completed in Washington County
- Seven counties in progress or scheduled for Sequential Intercept (Cross-Systems) Mapping and Taking Action for Change workshops: Athens, Cuyahoga, Hancock, Lake, Lorain, Mercer and Montgomery.

CJ CCoE and Ohio Counties Evaluate Efforts to Improve Justice and Mental Health Response to Individuals with Mental Illness



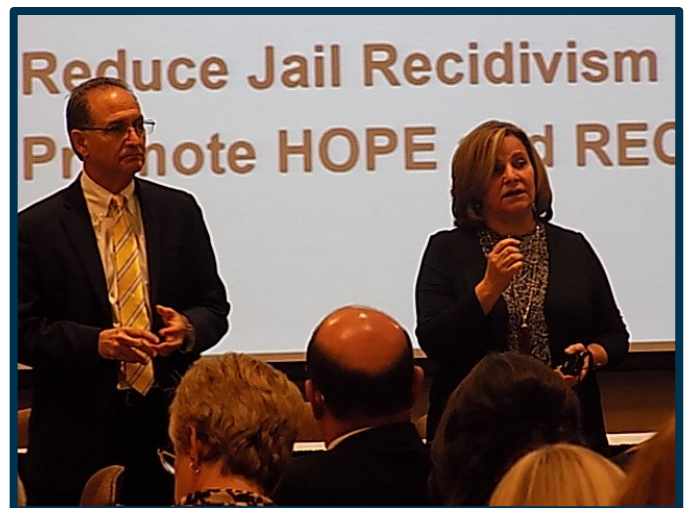
Sequential Intercept Mapping Workshops in Ohio Identify Challenges

Stakeholders in Ohio counties who participate in Sequential Intercept (Cross-Systems) Mapping workshops identify challenges that exist across systems, gaps in local services and processes and opportunities for collaboration and systems change. At the end of the first day of the workshop, participants engage in a voting process to select the priority action items for their county. The action plans developed on the second day are based on these selected priorities. The graph below depicts the frequency of the selected priorities across the 14 counties that have completed the mapping process.



Jail Diversion

In October, thanks to a generous gift from The Margaret Clark Morgan Foundation, the CJ CCoE sponsored a two-day visit from Miami-Dade Judge Steve Leifman and Court Project Director Cindy Schwartz. They presented their county's successful Jail Diversion Program and discussed possible translations for Ohio. The first day was spent with CJ CCoE staff and state partners, including the medical director of the Ohio Department of Mental Health and Addiction Services (OhioMHAS), retired Justice and Ohio Stepping Up Director Eve Stratton, the Office of Criminal Justice Services, and others. The second day brought more than 100 guests to a public presentation "Ending the Criminalization of Mental Illness" that was followed by a consultation session with representatives of 11 Ohio counties that have completed or are preparing to participate in Sequential Intercept Mapping exercises. Both days afforded great opportunity to discuss and consider possible improvements to pre-booking and post-booking diversion options and to consider possible alternatives to the current competency restoration procedures in Ohio.



Judge Steve Leifman and Court Project Director Cindy Schwartz engage in discussion with audience members during their Oct. 20, 2016, public presentation at NEOMED.

Ohio Program for Campus Safety and Mental Health

Welcome Healthy Ohio Campuses!

The Healthy Ohio Campus cohort is set. This cohort will engage in performance improvement around campus mental health. This includes participating in [The JED Campus Program](#), [The Healthy Minds Study](#), and a learning collaborative with the other members of the cohort. The Margaret Clark Morgan Foundation funds this initiative.

Cohort Campuses:

State Universities	Community Colleges	Private Universities
Cleveland State University	Hocking College	Cleveland Institute of Art
Kent State University	Lakeland Community College	Defiance College
Northeast Ohio Medical University		Denison University
Shawnee State University		Walsh University
		Xavier University

1 in 4 will have some kind of mental illness in their lifetime.
Just how common is 1 in 4?



Start talking. Stop the stigma. [Make It OK.org](http://MakeItOK.org)

Upcoming Events

White Coats for Black Lives: A Panel Discussion

Feb. 22, 2017 from noon-1 p.m. Olson Auditorium

A panel of local experts will speak on the intersection of race, social determinants of health (including mental health) and social justice, the importance of awareness and advocacy and the role of medicine, medical education and individuals with lived experience. The panel will include Joe Zarconi, M.D. ('81) professor and chair of internal medicine, and Jody M. Bell, PS-MH, mental health and recovery certified peer support to the Integrated Care Technical Assistance and Consultation Team (TACT), an initiative led by NEOMED's Department of Psychiatry.

Ohio Program for Campus Safety and Mental Health (OPCSMH) Conference

May 23, 2016 Registration 8:30 a.m.-9 a.m., Program will run 9 a.m.-4 p.m.

Quest Conference Center, Columbus, Ohio

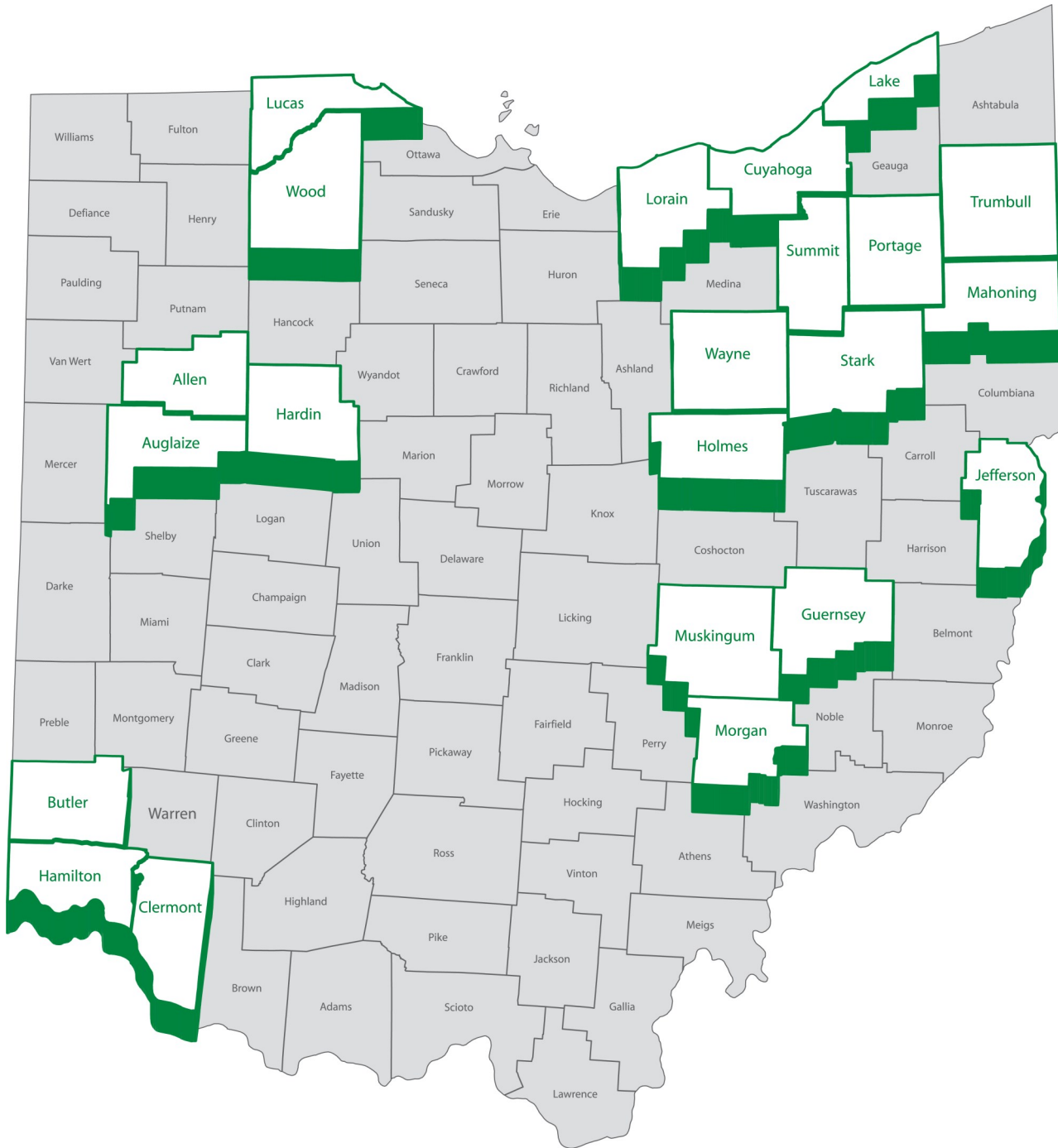
Keynote, Doris Iarovici, M.D., Author of "Mental Health Issues and the University Student"



Best Practices in Schizophrenia Treatment (BeST) Center

New BeST Practices

50% of Ohioans with schizophrenia have access to at least one best practice in schizophrenia treatment. Most have access to more than one:



Coordinated Specialty Care for First Episode Psychosis (FIRST)

BeST Center consultant/trainers for Coordinated Specialty Care for First Episode Psychosis Heather Pokrandt, M.S.W., LISW-S, and Nicholas Dunlap, M.Ed., PCC, medical director Erik Messamore, M.D., Ph.D. and instructional training specialist Pamela Roeper, M.A., have been working with community-based partners and, as a result, FIRST Coordinated Specialty Care for First Episode Psychosis treatment services are now available in five additional counties:

FIRST Allwell Behavioral Health Services, serving Guernsey, Morgan and Muskingum Counties

FIRST team: 740.562.3270

Partners: Allwell Behavioral Health Services, Mental Health and Recovery Services Board serving Coshocton, Guernsey, Morgan, Muskingum, Noble and Perry Counties and the BeST Center

FIRST Greater Cincinnati Area, now serving Butler County in addition to Clermont and Hamilton Counties

FIRST team: 513.354.7337

Partners: Greater Cincinnati Behavioral Health Services, Butler Behavioral Health Services and the BeST Center

FIRST Jefferson County

FIRST team: 740.457.6353

Partners: Coleman Professional Services, Jefferson County Prevention & Recovery Board and the BeST Center

For a complete list of the FIRST coordinated specialty care for first episode psychosis programs in Ohio, please visit neomed.edu/academics/bestcenter/bestpracticefirstepisodepsychosis/callFIRSTfirst

Loved Ones Involved in a Network of Care (LINC)

The University of Toledo Medical Center, the Zepf Center and the BeST Center are collaborating to offer Loved Ones Involved in a Network of Care (LINC) in the Greater Toledo area. "The LINC program offers mental illness education to individuals affected by mental illness and their family members and support persons and helps them to develop coping strategies and skills," says Danelle Hupp, Ph.D., BeST Center managing consultant/trainer for family-based services.

LINC Greater Toledo services are available through the Zepf Center, an outpatient mental health treatment center, after a psychiatric hospitalization. The LINC program includes up to six one-hour sessions with a clinician trained in the LINC model, and individuals and family members/support persons select what they would like to focus on during sessions. "LINC topics include mental illness education, a brief overview of medication, communication skills, problem-solving skills, stress management and coping, relapse prevention, Advance Directive for Mental Health Treatment and referrals to other resources," says Dr. Hupp.

Dr. Hupp trained Zepf Center hospital liaisons and clinicians from the Zepf Center and University of Toledo psychology doctoral students in the LINC model Jan. 26.

Cognitive Enhancement Therapy (CET)

A graduation ceremony for the six clients who completed the Cognitive Enhancement Therapy (CET) course offered through Coleman Professional Services' Portage County offices took place Nov. 1. "This was an awesome conclusion to the CET pilot project," says Bryn Oldham, M.Ed., LPCC-S, BeST consultant/trainer for Cognitive Enhancement Therapy and FIRST.

Oldham and former BeST Center associate director Vicki Montesano, Ph.D., LPCC-S, LICDC, trained with CET experts Shaun Eack, Ph.D., and Maralee Litschge, M.S.W., from the University of Pittsburgh and then provided training, consultation and support in the practice to Coleman CET coaches Chad Dye, M.Ed., and Camille Pavlicek-Fausser, M.Ed., LPC-S, who co-facilitated the CET group. "It was a very positive experience for clients, coaches and consultants alike," adds Oldham.

"My favorite parts of CET have definitely been interacting with the people in the group and seeing how much we've all grown," says one of the CET graduates. "It is really fulfilling seeing how much I have grown as a person and how much my fellow peers have grown."

Coleman is currently conducting client cognitive eligibility interviews and looks forward to starting a second CET group in early 2017.

Ohio Peer Recovery Supporters

In addition to adding new BeST partners and treatment services, the BeST Center team is working to integrate certified peer recovery supporters into BeST practices.

The BeST Center learned from surveys with FIRST participants about their interest in including a peer supporter to their recovery teams, particularly peer supporters with lived experience with psychosis. The BeST Center is coordinating this effort with the Peer Recovery Training and Certification available through the Ohio Department of Mental Health and Addiction Services (OhioMHAS). OhioMHAS certification will become a requirement for peers on FIRST teams, and OhioMHAS is able to provide two-hour trainings on strategies to ensure successful integration of peers into agency teams providing FIRST services. OhioMHAS agreed to add psychosis to list of areas of expertise options on the peer recovery supporters application for certification and they agreed to help promote FIRST team peer recovery supporter job postings to their network of certified peer recovery supporters.

The BeST Center's Harry Sivec, Ph.D., senior managing consultant/trainer for Cognitive Behavioral Therapy for Psychosis programs, and Valerie Kreider, Ph.D., LPCC-S, LICDC-CS, senior consultant/trainer for Cognitive Behavioral Therapy for Psychosis programs, are collaborating with Community Support Services' Michele Nepsa BA, QMHS, peer support employment specialist, and Twanette Pinkerton, MBA, health care integration supervisor, and seven individuals with lived experience of psychosis to design a Cognitive Behavioral techniques for psychosis group. "We have been receiving great feedback from the individuals with lived experience, and we look forward to launching this group and to having one of these individuals co-facilitate it," says Dr. Sivec.

Follow the BeST Center on Twitter



@BeSTNEOMED

Raising Awareness

Students, faculty and staff walk to raise awareness of mental illness

The NEOMED Walking Whales team participated in two local walks to raise awareness and funding to support programs and services for people with mental illness and their families, the Portage County Walk for Recovery (see photo) and the NAMI Summit County Walk.

The NEOMED Walking Whales team is a joint effort at NEOMED, with faculty, staff and student participants, including members of the Psychiatry Student Interest Group, NAMI NEOMED, and the College of Psychiatric and Neurologic Pharmacists. Interested in walking with us in 2017? Please contact Natalie Bonfine, Ph.D. (nbonfine@neomed.edu) for more information about the NEOMED Walking Whales team.



Department of Psychiatry Welcomes New Staff members



Valerie Kreider, Ph.D., LPCC-S, LICDC-CS, joined the BeST Center as a senior consultant/trainer for Cognitive Behavioral Therapy for Psychosis (CBT-p). She is working with senior managing consultant/trainer Dr. Harry Sivec to advance CBT-p programs in community-based treatment settings.

Dr. Kreider holds a doctor of philosophy in counselor education and supervision from Kent State University. She was previously a psychotherapist in private practice and with Cleveland Clinic Akron General, where she created and implemented partial hospitalization and intensive outpatient services. She specializes in Dialectical Behavioral Therapy, dual diagnosis (substance use and mental health disorders) and Gestalt therapy. She is completing advanced training with the Gestalt Institute of Cleveland.

Erik Messamore, M.D., Ph.D., joined the BeST Center team as medical director and associate professor of psychiatry in October. Dr. Messamore and Sara Dugan, Pharm.D., BCPP, associate professor of pharmacy practice and associate professor of psychiatry, are providing leadership for the BeST practice of pharmacotherapy for schizophrenia with the goal of bringing top-line science to front-line clinicians to achieve the highest quality outcomes from medication therapy for schizophrenia. Dr. Messamore holds a doctor of philosophy in pharmacology from Southern Illinois University and a doctor of medicine from the University of Illinois. He also completed a postdoctoral fellowship at the prestigious Karolinska Institute in Sweden. He has held previous academic appointments at Oregon Health & Science University and the University of Cincinnati College of Medicine and clinical appointments with the VA Portland Health Care System, state psychiatric hospitals in Oregon and the Lindner Center of HOPE.



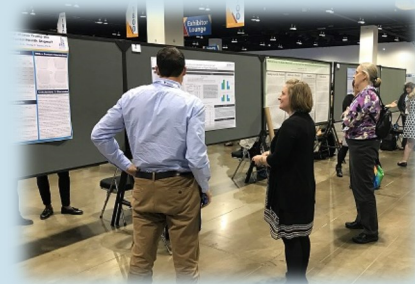
Billie J. Sirn, M. Ed., is the new dissemination coordinator for the Ohio Program for Campus Safety and Mental Health (OPCSMH). She holds her Masters of Education from Miami University in educational psychology and bachelor's degree in family studies. She also worked at Miami University for 18 years as a workshop coordinator, study abroad advisor and a financial aid counselor. In her new role with OPCSMH, she will coordinate the Collaborative Program Development Grant Program, outreach to institutions of higher education to promote activities of the OPCSMH, and all logistics and support for training events and stakeholder meetings.

The Department of Psychiatry extends its best wishes and sincere thanks to BeST Center Associate Director **Vicki Montesano, Ph.D., PCC-S, LICDC**, who left NEOMED at the end of December to pursue an exciting new opportunity with the Felton Institute in California. We miss Vicki, and we thank her for her many, many contributions. We are committed to sustaining and building on the excellence that Vicki and her team have provided to our partners.

Presentations and Publications

- ◆ **Mark Munetz, M.D.**, was a participant at the American Psychiatric Association IPS: The Mental Health Services Conference in Washington, D.C. on Oct. 6-9, 2016. Forum Speaker on "Involuntary Outpatient Commitment and Assisted Outpatient Treatment: Lessons Learned From Implementations Across the States" and discussant leader "Using Sequential Intercept Mapping to Help Communities Address the Overrepresentation of People With Severe Mental Illness in the Criminal Justice System."
- ◆ **Ruth H. Simera, M.Ed., LSW**, Director, Criminal Justice Coordinating Center of Excellence (CJCCoE), presented "The Sequential Intercept Model" at the Ohio Psychological Association workshop; Psychology, Law Enforcement, & Courts: Developing a Collaborative Approach, in Columbus Oct. 7, 2016.
- ◆ **Doug Smith, M.D., DFAPA**, medical director, County of Summit Alcohol, Drug Addiction and Mental Health Services Board, and director, Community Psychiatry, NEOMED, presented "Psychotropic Medication Adherence" at the 34th Annual Psychopharmacology Update at the University of Toledo Oct. 14, 2016.
- ◆ **Steven Jewell, M.D.**, vice president and medical director, Child Guidance & Family Solutions, and professor of psychiatry, NEOMED, presented "Early Intervention in First Episode Psychosis: An Urgent, Essential and Achievable Task" at the 34th Annual Psychopharmacology Update at the University of Toledo Oct. 16, 2016.

- ◆ **Natalie Bonfine, Ph.D.**, assistant professor of psychiatry, NEOMED, presented “Mental Health Court Team Members’ Perceptions about Criminogenic Risk and Mental Health Needs of Clients” at the 2016 American Society of Criminology in New Orleans, La. Nov.16-19.



- ◆ **Natalie Bonfine, Ph.D.**, and **Christian Ritter, Ph.D.** submitted “Exploring the Link between Stigma and Self: Considering Empowerment as Stigma Resistance” to the 2016 American Public Health Association Annual Meeting and Exposition Feb. 24. Dr. Bonfine presented their poster at the association’s annual meeting in Denver, Colo. Oct. 29-Nov. 2, 2016. (Picture to the right.)

- ◆ **Patrice M. Fetzer, LISW-S**, Director, Best Practices in Schizophrenia Treatment (BeST) Center, is one of the co-authors on “The Integration of Early Psychosis Services in a System of Care Framework: Opportunities, Issues and Recommendations,” a white paper focusing on the interface of early psychosis programs and the Substance Abuse and Mental Health Services Administration-funded System of Care for youth and young adults. Steven Adelsheim (Stanford Center for Youth Mental Health & Well-Being) is the lead author, Tamara Sale (Early Assessment and Support Alliance, Portland State University Regional Research Institute), Douglas Noordsy (Stanford), Kate Hardy (Stanford), and Jennifer Humensky (Columbia) are also co-authors.

- ◆ **Patrice M. Fetzer, LISW-S**, Director, Best Practices in Schizophrenia Treatment (BeST) Center, Northeast Ohio Medical University; **Kathy Coate-Ortiz, LISW**, Chief of Mental Health Services, Ohio Department of Mental Health & Addiction Services; **Karyn Hall**, Director of Community Relations, Mental Health & Recovery Board of Portage County; **Lisa Faber, M.A.**, Director of Integrated Services, Zepf Center; and **Kristin Bruce, M.A., PC**, Individual Resiliency Trainer, FIRST Lucas and Wood Counties, Zepf Center, presented, “The BeST Kind of Hope: First Episode Psychosis Coordinated Specialty Care,” at Ohio’s 2017 Behavioral Health Conference, “Moving Forward in Recovery-Oriented Systems of Care,” Jan. 11 in Columbus.



Notable Achievements

- ◆ Congratulations to **Frederick J. Frese, Ph.D.**, NEOMED professor of psychiatry, who was re-elected to the Crisis Intervention Team (CIT) International Board of Directors for a three-year term.

- ◆ Congratulations to **Jeanne Lackamp, M.D.** (NEOMED ‘01) and **Laura Markley, M.D.** (NEOMED ‘04) on becoming Fellows of the Academy of Psychosomatic Medicine (APM).

- ◆ The Developing an Effective Assisted Outpatient Treatment Program toolkit was unveiled at a dinner held at the Ohio Association of County Behavioral Health Authorities annual conference Jan.10, 2017. The toolkit consists of the [Ohio AOT Implementation Manual and the Judges’ Quick Reference Guide to Ohio Law on Mental Health Civil Commitment](#). The Implementation guide was a joint endeavor between NEOMED and the Treatment Advocacy Center (TAC). For NEOMED, Amy Lukes and Dr. Mark Munetz were the primary contributors; for TAC, Betsy Johnson and Brian Stettin were the lead contributors with background work on Ohio’s civil commitment law by Heather Pokrandt, LISW-S, Dr. Christian Ritter and Erica Matthews, all of NEOMED. The Margaret Clark Morgan Foundation supported the development of the toolkit and the dinner celebration.



From left: Betsy Johnson (TAC), Melissa Knopp, Rick Kellar (MCMF), Ohio Supreme Court Justice (retired) Evelyn Stratton, Brian Stettin (TAC), Mark R. Munetz, M.D. (NEOMED) Amy Lukes (NEOMED) and Thom Craig (MCMF).

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.