

Institute of Living

News & Notes

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December 2010:

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy Offers a New Program for Specific Phobias

The [Anxiety Disorders Center/Center for Cognitive Behavioral Therapy](#) at The Institute of Living has started a new Intensive Program for Specific Phobias. This program consists of one session (3 hours) of exposure based therapy. Well-conducted studies have shown that even a single session of exposure, lasting between 1-3 hours, can lead to significant improvement. In one such study, 90% of people who had received single-session exposure therapy were still significantly improved 4 years after the treatment—and 65% were judged to have recovered completely.

The Institute of Living to host a special presentation on December 17, 2010

From 10AM-3PM on Friday, December 17th, the IOL will host "A Day of Collaboration with the European Violence Psychiatry Research Group". Roland van de Sande MSc.N, Ph.D.-Candidate and Professor Dr. John Cutcliffe are the scheduled presenters.

[Research Rundown](#) - December 2010 Issue

[Click here](#) to read the December issue of *Research Rundown*, the Research Program's monthly newsletter.

November 2010:

The IOL Receives the annual "Partnership Award" of the Hispanic-American Veterans of Connecticut

At the 4th Annual Military Ball of the Hispanic-American Veterans of Connecticut, The Institute of Living was presented with the "2010 Partnership Award." The award was accompanied by an official citation from the office of Attorney General of Connecticut, Richard Blumenthal, "in recognition of its enduring and profoundly significant contributions and dedication to protecting and honoring Connecticut's veterans and their families throughout the state of Connecticut as honored by the 2010 Hispanic Veterans of Connecticut Partnership Award."

Olin Neuropsychiatry Research Center News

The paper listed below, from the Olin Center, was just recognized as one of the top 10 cited articles of 2008 that appeared in the journal *Neuroimage*. It takes the journal a couple of years

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to determine the number of citations after the article is published. Clearly, researchers elsewhere are paying attention to and citing the Olin Center's work.

Jafri MJ, Pearlson GD, Stevens M, Calhoun VD. A method for functional network connectivity among spatially independent resting-state components in schizophrenia. *Neuroimage*. 2008 Feb 15;39(4):1666-81.

<http://www.ncbi.nlm.nih.gov/pubmed/18082428>

In other Olin Center news, Beth M. Anderson, Postdoctoral Fellow just received funding from the ABMRF/The Foundation for Alcohol Research to look at "Alcohol Cue Reactivity as a Predictor of Future Alcohol Use Disorders". The grant is \$50,000 per year for two years including 15% indirect costs.

Anxiety Disorders Center News

The [Anxiety Disorders Center](#) at The Institute of Living will be expanding its clinical services to create the Center for Cognitive Behavioral Therapy. In addition to the services already provided for Anxiety Disorders, we have opened our treatment services to Major Depressive Disorder and Insomnia (for those already evaluated by a sleep specialist). We will also be expanding our services to include behavior management with children and cognitive behavioral therapy for ADHD (children and adults). For updates on our services, please see our [website](#) or call (860) 545-7685.

In other ADC news, [Dr. David Tolin](#), Director of the [Anxiety Disorders Center](#) was recently named to Dr. Mehmet Oz's "[Sharecare](#)" panel, an online source of medical information for consumers by leading experts.

[Research Rundown](#) - November 2010 Issue

[Click here](#) to read the November issue of *Research Rundown*, the Research Program's monthly newsletter.

October 2010:

Professor Sir Michael Rutter to give this year's C. Charles Burlingame Award Lecture

Professor Sir Michael Rutter, the recipient of the 2010 C. Charles Burlingame, M.D. Award will give his lecture "[Gene-Environment Interdependence](#)" at The Institute of Living's [Psychiatric Grand Rounds](#) on Wednesday, October 27, 2010 from 8AM-9:15AM in the Hartford Room of the Commons building. Professor Sir Michael Rutter is currently Professor of Developmental

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Psychopathology at the Institute of Psychiatry, King's College, London and Honorary Consultant Psychiatrist, Joint Bethlem and Maudsley Hospitals, London. Professor Rutter is an exceptionally creative scientist who has made major contributions to several fields of psychiatry. These range from his early pioneering work in the study of autism to his work on the subject of deprivation, beginning in the 1970s, to his subsequent establishment of an entire new field of investigation, Developmental Psychopathology, in the 1980s. He has been a seminal thinker and a leading investigator of the interplay between genetic and psychosocial risk factors. In the area of education, Professor Rutter has been a renowned teacher and mentor, both at the Institute of Psychiatry and abroad, for a wide spectrum of mental health professionals, including medical students, residents, child and adolescent psychiatrists, and many others. His academic output has been prodigious, with more than 400 journal articles, book chapters, and over 40 books, including the classic *Rutter's Child and Adolescent Psychiatry* (now in its 5th edition). For his efforts, Professor Rutter has received multiple awards/honors, including 16 honorary Doctorates by some of the greatest academic institutions around the world. Among his honors is one of Britain's highest, being knighted by the Queen in 1992. Professor Rutter's career exemplifies the values of excellence in clinical care, research, teaching, and administration, which the Burlingame Award represents.

Robert Sahl, M.D. recently presented at the American Academy of Child and Adolescent Psychiatry Annual Meeting

Dr. Robert Sahl was one of the presenters at the recent American Academy of Child and Adolescent Psychiatry Annual Meeting held in New York City, from October 26-31, 2010. Dr. Sahl was part of a symposium entitled College Mental Health and his talk was titled, "Nonsuicidal Self-injury in College Youth".

Olin Neuropsychiatry Research Center News

On October 14, 2010, Hartford Hospital hosted a research symposium entitled "Personalized Medicine and Genomics: the Future Is Now". Speakers included Lawrence Lesko, Director of the Office of Clinical Pharmacology and the Center for Drug Evaluation and Research at the FDA, Gualberto Ruano, Director of Genomas, Andrew Salner, Director of the Hartford Hospital Gray Cancer Center, and Godfrey Pearlson, Director of the Olin Neuropsychiatry Research Center at The Institute of Living.

The IOL's Dr. Adrienne Bentman receives AACAP's Academic Leadership Award

On October 11th, the American Academy of Child and Adolescent Psychiatry (AACAP) announced Adrienne Bentman, M.D., Director, Adult Psychiatry Residency Program, Institute of Living/Hartford Hospital, as the recipient of AACAP's 2010 Robert Cancro Academic Leadership Award. The Robert Cancro Academic Leadership Award recognizes a currently serving General Psychiatry Training Director, Medical School Dean, CEO of a Training Institution, Chair of a Department of Pediatrics, or Chair of a Department of Psychiatry for his or her

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contributions to the promotion of child and adolescent psychiatry. Dr. Bentman will present, "The Little Engine That Could; Re-Establishing The Institute of Living's Residencies," at AACAP's 57th Annual Meeting, on October 29, 2010 in New York, NY.

Ellen Blair, APRN, Nurse Director, Psychiatry IOL/HH receives funding for new research project

Ellen Blair's study was one of seven new projects awarded funding through the Medical Staff Patient Safety and Quality Research Grant Competition. The new program, generously funded by the Medical Staff, was designed to encourage investigators to develop research projects aimed at improving patient safety and enhancing the quality of health care service delivery at Hartford Hospital. Ellen Blair's project titled "Prevention of Violence in Inpatient Psychiatric Settings: A Pilot Study" was awarded \$14, 555 in funding.

Anxiety Disorders Center News

[Dr. David Tolin](#), Director of the [Anxiety Disorders Center](#) at The Institute of Living was recently named a Fellow of the American Psychological Association. Dr. Tolin also recently received the Self-Help Book of Merit Award from the Association of Behavioral and Cognitive Therapies for his book [Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding](#). In other Anxiety Disorders Center news, staff psychologists, Dr. Scott Hannan and Dr. Elizabeth Moore are recurrent guests on the hit [A&E television program Hoarders](#).

[Research Rundown](#) - October 2010 Issue

[Click here](#) to read the October issue of *Research Rundown*, the Research Program's monthly newsletter.

September 2010:

Child and Adolescent Psychiatry Residency Program Appointments

Drs. Salma Rahim and Lynn Mangini have been appointed to the positions of Assistant Training Directors in the Child & Adolescent Psychiatry Residency Training Program. Dr. Rahim will also be the Rotation Coordinator in the program while Dr. Mangini is the Curriculum Coordinator. Dr. Rahim is a 2008 graduate of the IOL's Child & Adolescent Psychiatry Residency Training Program, where she served as Chief Resident. She completed her Adult Psychiatry Residency at the IOL and previously had obtained her M.B.B.S. from Fatima Jinnah Medical College in Pakistan. Dr. Rahim's interests include Mood Disorders and Genomics. At the IOL, she has been

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an attending psychiatrist in the Grace Webb School, the TOPS Program, the Child Guidance Clinic, and the IOL Day Program in Bloomfield.

Dr. Mangini is a 1986 graduate of the University Of Connecticut School Of Medicine. She completed her Adult Psychiatry training and a fellowship in Child & Adolescent Psychiatry at the University of New Mexico. Dr. Mangini also completed a fellowship in Consultation-Liaison Psychiatry at Hartford Hospital and the University of Connecticut Health Center. She was the recipient of the Tony Andrulonis Teaching Award for 2009-2010. At the IOL, Dr. Mangini has been an attending psychiatrist for the CARES Unit, the CCMC Emergency Psychiatry Service, and the Consultation-Liaison Psychiatry Service at CCMC. Formerly, Dr. Mangini was a consulting psychiatrist at the CCMC School and was the Medical Director at The Village for Families and Children. Her interests include: integrative medicine, hypnotherapy, psychosomatic medicine, and resiliency and creativity.

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[Click here](#) to read the September issue of *Research Rundown*, the Research Program's monthly newsletter.

August 2010:

Dahlia Saad Pendergrass, M.D. joins the medical staff at the IOL

Effective August 23rd, Dr. Dahlia Saad Pendergrass has joined the active staff in Psychiatry. Dr. Saad Pendergrass received her M.D. from the American University of Beirut Medical School in Lebanon. She subsequently completed a residency in psychiatry and a fellowship in Consultation/Liaison Psychiatry at the Mayo School of Graduate Medical Education, Mayo Clinic, in Rochester, Minnesota. Just prior to joining the IOL staff, she held clinical appointments at the Mayo Clinic in the Department of Psychiatry and Psychology, Division of Consultation. She is Board-certified in General Psychiatry with added qualifications in Psychosomatic Psychiatry. In her new role at The Institute, her responsibilities will include providing patient care through the Consultation/Liaison Service and in the DBT Partial Hospital Program.

IOL Drive Collects 532 Backpacks for School Children

The IOL Assessment Center recently sponsored a backpack drive to benefit grammar-school children in Hartford. The drive collected 532 backpacks, 1,586 pencils and 368 notebooks. For the past five years, Eugene Millan, LCSW, one of the Assessment Center staff members, has organized "The First Day of Every Day School Readiness Celebration". The event took place this year at the Charter Oak Cultural Center on August 21st. The annual event benefits The Charter Oak Cultural Center summer day campers (approximately 100 children), Milner Elementary

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School students, and My People Clinical Services clients. Most of the recipients have been screened to meet the poverty level for need.

Research Rundown - August 2010 Issue

[Click here](#) to read the August issue of *Research Rundown*, the Research Program's monthly newsletter.

July 2010:

D2N earns Full Circle Award

Donnelly Two North, the adolescent inpatient unit at the IOL, received a Full Circle Award at the Management Forum on July 27th. This award was conferred to recognize the work this team has done in reducing the use of seclusion and restraints with their patients. A team effort was launched to research alternatives to the use of restraints and seclusion. The staff identified two best practices that they have now implemented: 1) Risking Connections, an approach that focuses on building a sense of trust with patients so that they feel more comfortable seeking support from staff when they realize their stress levels are rising and 2) Sensory Modulation, which uses techniques to help a patient calm down and regain focus. In implementing the plan, "comfort spaces " were created on the unit to provide soothing places where patients can go to calm down. They can also select items from "sensory carts", such as stress balls, CDs, and aromatherapy items. Since the introduction of the comfort areas, sensory carts, and the relational approach to treatment, the use of restraints and seclusion has decreased substantially. D2N achieved 90 days with no use of seclusion or restraint.

Medical Staff Arrivals and Transfers

Rehan Aziz, M.D. will join the IOL/HH active staff in Psychiatry, effective July 1st. Dr. Aziz, a graduate of the University of Medicine and Dentistry of New Jersey, New Jersey Medical School, completed his psychiatric residency training and a fellowship in geriatric psychiatry at Yale University School of Medicine. Prior to joining our hospital-employed staff, he served as Director of Geriatric Medicine and the Psychiatric Unit at Masonic Healthcare Center in Wallingford and as an attending psychiatrist at Yale University Health Services. Dr. Aziz's responsibilities at the IOL will include provision of patient care services on the Donnelly 3 South inpatient unit.

Also effective July 1st, Dr. Tilla Ruser, who joined the IOL/HH staff in June 2004 on Donnelly 3 South, will begin a transition, over the next few weeks, from her current position to that of staff psychiatrist in the Adult Day Treatment Center.

Effective July 19th, Dr. Yuli Fradkin joined the active staff in Psychiatry. After receiving his M.D.

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from The National Medical University of Russia in Moscow, Dr. Fradkin completed psychiatric training at the Mental Health Research Center there. He subsequently completed a psychiatric residency at the Beth Israel Medical Center in New York City, followed by a fellowship in child psychiatry at Tufts Medical Center in Boston. Dr. Fradkin's responsibilities here at the IOL will include providing patient care on the child and adolescent inpatient unit, Donnelly 1 South (CARES), and providing contractual services at the Village for Families and Children.

Research Rundown - July 2010 Issue

[Click here](#) to read the July issue of *Research Rundown*, the Research Program's monthly newsletter.

June 2010:

The Institute of Living's Awards and Recognition Day Ceremony

The Institute of Living held its annual Awards and Recognition Day ceremony on June 14, 2010, recognizing the accomplishments and dedication of many care givers at the IOL. [Click here](#) to view the list of the awards presented to members of the IOL staff.

Research Rundown - June 2010 Issue

[Click here](#) to read the June issue of *Research Rundown*, the Research Program's monthly newsletter.

May 2010:

APA Presentations

IOL researchers made five presentations at the annual meeting of the American Psychiatric Association. The meeting took place in New Orleans, LA from May 22-26, 2010. [Click here](#) to view the titles of these presentations.

Dr. Tolin's new series, "The OCD Project" will premiere on May 27th

["The OCD Project"](#) challenges six severe OCD sufferers to face their fears in a bold move to better their lives by participating in twenty-one days of all-immersive therapy called Exposure and Response Prevention. World-renowned anxiety specialist Dr. David Tolin facilitates this

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proven treatment that encourages patients to face their worst fears in an attempt to stop the vicious cycle of the disease in eight, hour-long episodes. ["The OCD Project"](#) is set to premiere Thursday, May 27th at 10PM on VH-1. To get a preview of the upcoming season, watch ["The OCD Project" trailer](#) on VH1.com.

Roland van de Sande, MSc., of the Netherlands to speak at Grand Rounds on May 27th

Roland van de Sande, R.N., MSc. Ph.D.-Candidate has been involved in psychiatric nursing practice since 1979. Apart from academic and clinical supervision work, he is appointed as senior lecturer at the Hogeschool Utrecht, University of Applied Science. At the international level, he is involved in several research and practice in development multi-center projects, mainly driven by Horatio, European Psychiatric Nurses (General Secretary, 2008-2011) and the European Violence in Psychiatry Research Group. He will give his presentation entitled, **"Structured Risk Management in Psychiatric Inpatient Care, Reflections on a Four Year Research and Practice Development Project in Europe"** at Grand Rounds on May 27th from 12PM-1:15PM in the Hartford Room of the Commons Building at the IOL. [Click here](#) to read his bio and the abstract for his presentation.

The 7th Annual NAMI-CT Walk will be held on Saturday, May 15th

The Connecticut Chapter of the National Alliance for the Mentally Ill (CT-NAMI) will sponsor the 7th Annual NAMI Walk on Saturday, May 15, in Bushnell Park. The walk begins at 10:00 AM. The Institute of Living/Hartford Hospital is a major sponsor of the NAMI-CT Walk. CT-NAMI provides programs and services for people whose lives have been affected by serious mental illness. *"Stop the Stigma of Mental Illness"* t-shirts will be given to all those who register for the walk and make a donation. For donations and registration information, please contact Larry Haber at (860) 545-7731 or www.nami.org/walkdonation.cfm?id=118954

Nurses' Week award winners from the IOL

Congratulations to the IOL staff members who were presented with the following awards: Jose Delgado, Psychiatric Technician, D3S, received the "Dedicated to Caring " Award in Nursing, as did Patti Farmer, PAA on D2N. Catherine Sherwood, RN, from D1N, received the Linda Richards-June Long Award in Nursing. This is an award given to a nurse who exemplifies the qualities of excellence in nursing care. Cynthia Belonick, APRN received the Florence Nightingale Award in Nursing, and was honored at the Special Florence Nightingale Dinner on Thursday, May 6th. In addition, Cindy was honored on May 11th during the New England Nursing Spectrum Excellence Awards Banquet. Cindy was one of five nominees in the teaching category, recognizing nurses who have made significant contributions in education, professional development, and/or long-term learning of nursing professionals. The award in this category was presented to Marcie Brostoff, Director of Nursing Education/Staff Development at Children's Hospital, Boston. It was an honor for Cindy to have been nominated, and then chosen to be one of the finalists for this prestigious award.

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Research Rundown - May 2010 Issue

[Click here](#) to read the May issue of *Research Rundown*, the Research Program's monthly newsletter.

April 2010:

The 2010 BrainDance Awards Day Celebration was held on April 29th

The 7th Annual BrainDance Awards competition was celebrated on April 29th in the Commons Building. Please [click here](#) to see the complete list of winning projects and the runners-up.

Research Rundown - April 2010 Issue

[Click here](#) to read the April issue of *Research Rundown*, the Research Program's monthly newsletter.

March 2010:

Research Rundown - March 2010 Issue

[Click here](#) to read the March issue of *Research Rundown*, the Research Program's monthly newsletter.

February 2010:

John W. Goethe, M.D. recently visited and lectured in China

Dr. John Goethe, director of the Institute's Burlingame Center for Psychiatric Research and Education, was one of a group of 25 psychiatrists and psychoanalysts visiting China in October 2009. The China America Psychoanalytic Alliance (CAPA) is a non-profit organization incorporated in 2006 to promote psychoanalysis, psychoanalytic psychotherapy, and psychotherapy training. Dr. Goethe lectured and supervised at hospitals in Beijing, Shanghai, Chengdu, and Wuhan.

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Research Rundown - February 2010 Issue

[Click here](#) to read the February issue of *Research Rundown*, the Research Program's monthly newsletter.

January 2010:

Research Rundown - January 2010 Issue

[Click here](#) to read the January issue of *Research Rundown*, the Research Program's monthly newsletter.

IOL researchers will make five presentations at the annual meeting of the American Psychiatric Association. The meeting will take place in New Orleans, LA from May 22-26, 2010. The titles and dates of these presentations are listed below.

Scientific and Clinical Report Sessions	
Metabolic Syndrome in Psychiatric Inpatients: The Role of Valproate and Lithium. Szarek BL*, Goethe JW*	5/25/10 11:00 AM - 12:30 PM
Inpatients with Psychotic vs. Nonpsychotic MDD: Prevalence and Clinical Characteristics. Goethe JW*, Szarek BL*	5/25/10 3:00 PM - 4:30 PM
The Association Between Pre-admission Suicidality and Readmission is Modified by Patient Experiences, Feelings, and Characteristics. Woolley SW*, Goethe JW*, Szarek BL*	5/25/10 3:00 PM - 4:30 PM
Longer Hospitalization Associated with Combinatorial CYP450 Drug Metabolism Deficiencies. Ruano G***, Villagra D***, Szarek BL*, Windemuth A***, Kocheria M***, Goethe JW*	5/26/10 9:00 AM - 10:30AM
Racial Differences in Major Depressive Disorder with Psychotic Features. Bullock K**, Szarek BL*, Goethe JW*	5/26/10 11:00 AM - 12:30PM

* Burlingame Center for Psychiatric Research and Education, The Institute of Living

** Geriatric Service, The Institute of Living

*** Genomas