

Institute of Living News & Notes 2011

December 2011:

Evan Fox, M.D. was the recipient of two recent honors

Dr. Evan Fox recently received the "Physician Humanitarian Award" from the Voices against Brain Tumor Fund, CT Chapter. And Dr. Fox was nominated and a finalist for "Hartford Health Heroes", the Hartford Business Journal's annual event.

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

The [Anxiety Disorders Center/Center for Cognitive Behavioral Therapy](#) has expanded its Accelerated Therapy Programs. In addition to their programs for Obsessive Compulsive Disorders, Panic Disorder, and School Refusal, they now offer programs for adult ADHD, Depression, and Specific Phobia. The ADC/CCBT will also be expanding its services to provide online treatment for insomnia.

ADC/CCBT staff recently attended an international conference in Toronto, Canada. Two of the research presentations from that conference are highlighted below:

In "Long-term Effectiveness of CBT for Anxiety Disorders in an Adult Outpatient Clinic Sample: A Follow-Up Study," we presented one-year follow-up data from our clinic patients who received CBT for anxiety. This study demonstrated that CBT for anxiety generalizes well to a non-research based clinical sample. The strongest predictor of treatment response at follow-up was the post-treatment symptom severity. These results highlight the importance of focusing on achieving remission, rather just treatment response, prior to patient discharge to optimize long-term gains. "Neural Mechanisms of Cognitive-Behavioral Therapy Response in Hoarding Disorder: A Pilot Study" was the first to demonstrate normalization of neural networks following treatment for hoarding disorder. In this pilot study, 6 patients with hoarding disorder completed symptom provocation tasks while undergoing fMRI. Their data were compared to 6 community controls as well as compared pre- and post-treatment. Hyperactivation in neural networks was found during the symptom provocation tasks at pretreatment, however, most of these differences were no longer found after the patients had completed treatment, suggesting normalization had occurred. These results may have implications for how we design new treatments for hoarding disorder.

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

November 2011:

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

David F. Tolin, Ph.D., ABPP, has been selected as the recipient of the 2011 Connecticut Psychological Association award for Distinguished Contribution to the Practice of Psychology. Dr. Tolin is the Director of the [Anxiety Disorders Center](#), Director of the Division of Neuropsychology, Director of Health Psychology, and Director for Cognitive Behavioral Therapy here at The Institute of Living/Hartford Hospital. He is an expert on cognitive behavioral therapy, principle investigator on many studies, a prolific writer, and a public spokesperson on mental health issues. Dr. Tolin also received the Self-Help Book of Merit Award from the Association for Behavioral and Cognitive Therapies for his upcoming book *Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias, and Obsessions*, which will be released in January 2012. This is Dr. Tolin's second such award; the first was for his 2007 book *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*.

In other Anxiety Disorders Center news, staff at the ADC presented their research at the Annual Meeting of the Association for Behavioral and Cognitive Therapies in Toronto. Their presentations included:

- Tolin, D. F., & Frost, R. O. Buried in treasures: The treatment of compulsive hoarding (Master Clinician Series Workshop).
- Tolin, D. F. Dissemination or Freak Show? CBT in the Era of Reality TV (Invited address).
- Muroff, J., Steketee, G., Frost, R. O., & Tolin, D. F. Cognitive behavioral therapy for hoarding disorder: Follow-up results of a randomized controlled trial.
- Lund, J., Frost, R. O., Steketee, G., & Tolin, D. F. Perfectionism in hoarding disorder and OCD.
- Steketee, G., Lamstein, A., Umbach, A., & Tolin, D. F. Family accommodation of hoarding: Assessment and features in an internet sample.
- Umbach, A., Tolin, D. F., & Fitch, K. E. Changes in fear of interoceptive sensations following CBT for panic disorder.
- DiMauro, J., Domingues, J., & Tolin, D. F. Long-term effectiveness of CBT for anxiety disorders in an adult outpatient clinic sample: A follow-up study.
- Frost, R. O., Andersen, C., Lee, M., Zhang, J., Steketee, G., & Tolin, D. F. Family history and hoarding.
- Nave, A. M., Stevens, M. C., Villavicencio, A., DiMauro, J., Morrison, S., & Tolin, D. F. Neural correlates of CBT treatment for hoarding disorder: A pilot study.
- Rosenfeld, E., Hristova, V., Frost, R. O., Steketee, G., & Tolin, D. F. Activities of Daily Living scale in hoarding disorder.
- Frost, R. O., Park, A., Teitelman, I., Chotkowski, S., Tolin, D. F., Steketee, G., et al. Anxiety, depression, and OCD symptoms in hoarding and OCD.

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Division of Neuropsychology News

Dr. Sarah Bullard participated in a panel discussion, televised by the [Connecticut Network](#), entitled "The Impact of War Across History: Soldier's Heart Post Traumatic Stress Disorder in Lincoln's Time and Ours" on November 8, 2011.

A team from the IOL was a semi-finalist in the 2011 Team of the Year Awards

Congratulations to the IOL's Young Adult Services Team for being a semi-finalist for Clinical Team of the Year when the 2011 Team of the Year honors were announced at the State of the Hospital meeting on November 8, 2011.

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October 2011:

IOL researcher invited to present at the Institute on Psychiatric Services Meeting

Charles Wilber, M.Ed., of both the Braceland and Burlingame Centers at the IOL, has been invited to present at the 63rd Institute on Psychiatric Services (IPS) Meeting which will be held from October 27-30, 2011 in San Francisco, CA. Mr. Wilber will present the following two posters on October 29th:

- Cognitive training in the elderly with normal aging and cognitive impairment with no dementia. Wilber CH, Cmero J, Blank K, Bhandari K
- Expectancy therapy for smoking cessation. Wilber CH, Jaffe A, Bhandari K, Ehret M

IOL researcher honored with Nursing Research Award

Bonnie Szarek, R.N. of the Burlingame Center for Psychiatric Research and Education at the IOL, was the recipient of the "Excellence in Nursing Research Award" given by the Connecticut Alliance for Nursing Research on October 14, 2011.

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Author Randye Kaye was the guest speaker at the IOL Family Day Celebration held on October 10, 2011



The IOL Family Day Celebration, a symposium, was held on October 10, 2011. The theme of the event was to let people with mental and developmental illnesses and their families learn about the latest research into causes and treatments of mental disorders at the IOL. Guest speaker, Randye Kaye, author of the book “Ben Behind His Voices” shared her experiences about her son’s struggle with mental illness. [Click here](#) to read more.

National Depression Screening Day is October 6, 2011

National Depression Screening Day is an annual event held each October on the Thursday of Mental Illness Awareness Week. Members of the clinical staff at The Institute of Living will offer a free and confidential screening program to the public, on October 6th, at The Institute of Living - Assessment Center - Ground Floor Donnelly Building. Hours: 11:00 AM to 1:00 PM and again from 5:00 PM to 7:00 PM. The screening is an opportunity to learn more about anxiety and mood disorders. Participants complete a depression screening questionnaire and discuss the results one-on-one with a behavioral healthcare professional. To register call: (860) 545-7454 prior to October 6th. For more information visit www.mentalhealthscreening.org.

[Hartford HealthCare Research News](#) - October 2011 Issue

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September 2011:

Olin Neuropsychiatry Research Center News

The following Olin Center publication has been selected for the Nelson Butters Award from the Archives of Clinical Neuropsychology: Christman AL, Vannorsdall, TD, Pearlson GD, Hill-Briggs F, Schretlen DJ. Cranial volume, mild cognitive deficits, and functional limitations associated with diabetes in a community sample. Arch Clin Neuropsychol. 2010 Feb;25(1):49-59. The award is made for the best research paper published in the Archives of Clinical Psychology over the preceding year.

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August 2011:

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July 2011:

Drs. Amy Taylor and Sudeshna Basu join the medical staff at the IOL

Effective July 11, 2011, Dr. Amy Taylor has joined the active staff in Psychiatry. Dr. Taylor received her M.D. from the University of Missouri School of Medicine in Columbia, Missouri. She subsequently completed a residency in psychiatry at Massachusetts General Hospital/McLean and a fellowship in Psychosomatic Medicine at Yale University School of Medicine. Just prior to joining our staff, she was an attending on the Acute Psychiatry Service at MGH. She is Board-certified in General Psychiatry and Board Eligible in Psychosomatic Medicine. In her new role at the IOL, her responsibilities will include providing patient care on the Adult Service on Donnelly 2 South.

Dr. Sudeshna Basu has also joined the active staff in Psychiatry, effective July 18, 2011. Dr. Basu received

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her medical degree from the Jawaharlal Nehru Medical College in Belgaum, India. She joined the IOL's resident staff in July 2006 and completed her training in general and child and adolescent psychiatry in June 2011. In her new position, her responsibilities will include providing patient care at the IOL Day Program in Bloomfield as well as the GRACE Residential Program and Washington Street Detention Center.

IOL's Dr. Glahn wins Reich Prize for psychiatric genetics

Dr. David C. Glahn, an investigator at the IOL's Olin Neuropsychiatric Research Center, is this year's recipient of the Theodore Reich Prize from the International Society for Psychiatric Genetics. Dr. Glahn, who has published more than 100 peer-reviewed scientific articles, received the award for his work developing and applying neurocognitive and neuroimaging endophenotypes for psychotic and affective disorders. Endophenotypes are traits associated with an illness that can be used to help identify and characterize risk genes for that illness.

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

June 2011:

Excellence in nursing lecture was held on June 29th at the IOL

"Contemporary Issues in Psychiatric Nursing: Improving Employee Engagement to Create a Culture of Excellence in a Nursing Department" was presented on Wednesday, June 29, 2011 in the Donnelly 3 South Dining Room of the IOL. The speaker was Lisa Harrison, Director of Nursing at Stonington Institute. The program was designed for nurses, advanced practice nurses, physicians and social workers.

Young Adult Services Program at the IOL receives grant

The Hartford Foundation for Public Giving has awarded a grant to Hartford Hospital in support of the Young Adult Services Program at The Institute of Living, as part of the Depression Initiative. The grant is for \$302,000 over three years.

Richard La Rochelle receives honorary diploma from The Grace S. Webb School

Richard La Rochelle, of the Information Services department, was bestowed with a Honorary Diploma from The Grace S. Webb School at The Institute of Living at the yearly graduation ceremony on June 20, 2011. Mr. La Rochelle was recognized for his outstanding support and service to the school.

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Mental health expert Marsha Linehan, Ph.D. gave a major address at the IOL on June 17th

Nationally known mental health expert Marsha Linehan, Ph.D., developer of the first evidence-based treatment for people with suicidal impulses, gave a major address at The Institute of Living on June 17, 2011, in which she revealed her own early struggles with mental illness. In choosing the IOL as the site of her talk, Linehan, now 68, came full circle, returning to the place where she was hospitalized for more than two years as a teenager with severe mental illness. A film crew and a reporter and photographer from the New York Times accompanied Linehan on her visit. An article based on the event was featured on page one of the newspaper's June 23rd edition. More than 275 people—including friends of Linehan's and staff and patients at the IOL—crowded into The Institute of Living's Commons Building to hear the founder of Dialectical Behavior Therapy, or DBT, discuss for the first time publicly, her experiences as a young person suffering from mental illness and how her own experiences in the "hell" of mental illness led to her development of DBT. While touring the IOL facilities during her visit, Linehan returned to the building and floor where she had been in seclusion. Ironically, it is now an area used to administer DBT. "It was a remarkable turn of events for Dr. Linehan to return almost 50 years later and find that the unit on which she was hospitalized is dedicated to a program that uses the methodologies and philosophy she created," said Dr. Harold I. Schwartz, Psychiatrist-In-Chief. "That is truly coming full circle."

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, 2011, 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.

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

[The IOL Anxiety Disorders Center/Center for Cognitive Behavioral Therapy](#) will hold a one-week accelerated cognitive behavioral treatment for adolescents with Obsessive-Compulsive Disorder (OCD) in August (from 8/1 - 8/5). Participants must be age 13-18 with a primary diagnosis of OCD. This group program will meet from 9AM-3PM for five consecutive days (Monday-Friday). Emphasis will be on exposure and response prevention, the single most effective treatment for OCD. Parents will also be involved in the process. This program is not billable to insurance; however, as always, we offer insurance-billable weekly treatment for children, adolescents, and adults with OCD on an ongoing basis. Please call (860) 545-7685 for more information.

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

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May 2011:

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

The IOL Anxiety Disorders Center/Center for Cognitive Behavioral Therapy is pleased to announce several new treatment programs:

A one-week intensive treatment for adolescents with Obsessive-Compulsive Disorder (OCD) in August (exact dates to be determined). Participants must be ages 13-18 with a primary diagnosis of OCD. This group-based program will emphasize exposure and response prevention, the most effective known treatment for OCD.

An eight-week program for adults with Attention Deficit-Hyperactivity Disorder (ADHD). This individualized program will include training in organization and planning, as well as cognitive remediation exercises.

A four-week program for patients with depression. This individual program will meet 3 times per week and focuses on challenging depressive ways of thinking and increasing pleasurable or rewarding activities. To obtain more information about these programs, please call **860-545-7685** or visit <https://www.harthosp.org/InstituteOfLiving/AnxietyDisordersCenter/Treatment/Referral/default.aspx> to refer a patient.

In other ADC news, following last season's TV series *The OCD Project*, Dr. David Tolin has recently signed to participate in a new reality show. This show, as yet unnamed, will air on the Travel Channel and will feature Dr. Tolin treating a series of patients with debilitating panic disorder and agoraphobia.

IOL Team Walks to Raise Awareness About Mental Illness

The IOL team far exceeded its fundraising goal and had a good turnout at the NAMI Walk (National Alliance on Mental Illness) on May 21, 2011 in Bushnell Park. Eighteen walkers from many different departments raised \$2,140 - more than quadruple their initial goal of \$500. Peter Adelsberger from the IOL's Schizophrenia Rehabilitation Program was team captain. This year, tens of thousands of concerned citizens in more than 83 communities across the nation joined NAMI to walk together to raise money and awareness about our country's need for a world-class treatment and recovery system for people with mental illness. For more information, you can check the link to the IOL team at www.nami.org/namiwalks11/CTC/IOL. Donations can still be made by clicking on any walker's link on the site. To date, NAMI-CT is roughly \$28,000 short of its goal of \$200,000.

Webb School art teacher chosen to participate in national art workshop

Anne Sheffield, the art teacher at the Webb Schools in Hartford and Cheshire, is one of only 32 art teachers selected from around the country to participate in a prestigious national art workshop sponsored by the Robert Rauschenberg Foundation. "The Power of Art: Teaching Students with Learning Disabilities" is a national competition which celebrates excellence in art education and innovative teaching methods. The one day workshop for art teachers who work with students with learning disabilities will be held on May 20, 2011 at The Lab School in Washington DC. The Lab School of Washington, founded in 1967, is recognized worldwide for its innovative programs for children and

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adults with learning disabilities. Anne's students at the Webb School create the artwork for the annual Hartford Hospital calendar.

APA Presentations

IOL researchers made seven scientific presentations and three poster presentations at the annual meeting of the American Psychiatric Association. The meeting took place in Honolulu, Hawaii from May 14-18, 2011. All presentations were held at the Hawaii Convention center. [Click here](#) to view the titles of these presentations.

Olin Neuropsychiatry Research Center News

Multiple investigators from the IOL's Olin Neuropsychiatry Research Center presented a total of 12 posters and/or talks at the Society of Biological Psychiatry's Annual Meeting from May 11th-13th in San Francisco. The work was presented by Olin Center director, Dr. Godfrey Pearlson and laboratory directors Dr. David Glahn and Dr. Michael Stevens, and staff from their laboratories. Notable achievements include Dr. Beth Anderson receiving a top poster award for "Effects of memantine and alcoholism family history status on a monetary incentive delay task." And there were three notable hot topic posters: Dr. Balaji Narayanan, "Effects of memantine on resting state EEG in subjects with and without family histories of alcoholism;" Dr. Sharna Jamadar, "Effects of NMDA receptor antagonism and response inhibition in individuals with and without a family history of alcoholism;" and Krishna Pancholi, "Reward-punishment outcome in cocaine dependence a modified monetary incentive delay task study."

D1N receives donation towards family library

Last summer, Jeanne Kessler, an RN on Donnelly 1 North (D1N) at the IOL, conducted a CARE Camp summer workshop for teens at Buckingham Estates Memory Care Community, a senior living community in Glastonbury. The workshop was designed to teach the young people about Alzheimer's disease, and encourage them to interact with residents there. To thank Jeanne, representatives from Buckingham Estates presented Jeanne with a check for \$200 to go towards a family resource library being developed on D1N to help families who have loved ones with dementia.

Ellen Blair named Connecticut APRN of the Year

Ellen Blair, Director of Psychiatric Nursing at the IOL, has been named Connecticut APRN of the Year by the Connecticut Advanced Practice Registered Nurse Society. The award recognizes excellence in patient care and practice advocacy by an advanced practice nurse. Ellen has been director of psychiatric nursing at the IOL since December of 2009. In that role, she has highlighted the best practices for implementation on the inpatient psychiatry units, culminating in the creation of the "IOL Best Practices Model of Care" and the important corresponding culture change. She is considered the "resident falls expert and champion" at the IOL, and developed the IOL Fall Prevention Protocol that is unique to psychiatry. Ellen is writing a chapter in a psychiatric nursing textbook, called "Nursing Care of the Psychiatric Patient Experiencing Pain."

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

April 2011:

[Research Rundown - April 2011 Issue](#)

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

Olin Neuropsychiatry Research Center News

Dr. Godfrey Pearlson chaired a session on the Olin Center's multi-site collaborative NIMH study on biological markers for psychosis at the International Congress on Schizophrenia Research in CO from April 2-6, 2011. At the same meeting, David Glahn chaired a session on neurocognitive models of affective function in schizophrenia. In other Olin Center news, Beth Anderson, Ph.D. was awarded HH's Pyrtex Research Paper Distinction Award, Magna Cum Laude, for her paper titled "Functional Imaging of Cognitive Control during Alcohol Intoxication". And Rivkah Rosen, Rachel Jiantonio and Jason-Flor Sisante presented posters at the International Neuropsychological Society in Boston. Their posters were all derived from Dr. Pearlson's NIAAA-funded research on college students - the same research that was written about in a recent article in the Hartford Courant.

March 2011:

[Research Rundown - March 2011 Issue](#)

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

February 2011:

Olin Neuropsychiatry Research Center News

Beth M. Anderson, Postdoctoral Fellow at the Olin Neuropsychiatry Research Center at the IOL has received the Notice of Award for a grant from NIDA entitled "Simulated Driving Under the Influence of

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Marijuana: an fMRI Study". The grant is for \$150, 000 for one year plus an additional \$105,084 in indirect costs.

Richard L. O'Sullivan, M.D. joins the medical staff at the IOL

Dr. Richard L. O'Sullivan joined the active staff in Psychiatry, effective February 7th. Dr. O'Sullivan received his M.D. from the Medical College of Pennsylvania in Philadelphia. Following an internship in Medicine at Thomas Jefferson University Hospital, he completed his residency in Psychiatry at Massachusetts General Hospital, followed by a fellowship in their Depression Research Program and a post-doctoral fellowship in Harvard's Clinical Research and Training Program in Social and Biological Psychiatry. Since that time he has held an interesting range of hospital appointments and positions both in Massachusetts and Connecticut. In recent years, he served as Principal Psychiatrist at Whiting Forensic Institute, Connecticut Valley Hospital and subsequently as Director of Young Adult Services for the Western Connecticut Mental Health Network in Waterbury. He is Board-certified in General Psychiatry by the American Board of Psychiatry and Neurology. In his new role at The Institute, he is employed in the Psychiatry Adult Outpatient Clinic as Medical Director of the Adult Resident Outpatient Clinic, where he will work closely with psychiatry residents on rotation there.

[Research Rundown](#) - February 2011 Issue

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

APA Presentations

IOL researchers will make seven scientific presentations and three poster presentations at the annual meeting of the American Psychiatric Association. The meeting will take place in Honolulu, Hawaii from May 14-18, 2011. The titles and dates of these presentations are listed below. All presentations are at the Hawaii Convention center.

Scientific and Clinical Report Sessions	
Current prescribing practices: antidepressant use in schizophrenia. Ehret MJ, Szarek BL, Goethe JW	Saturday, 5/14/11 11:00 AM-12:30 PM Room 318 A/B
Patterns of antipsychotic use in hospitalized psychiatric patients. Szarek BL, Goethe JW	Sunday, 5/15/11 7:00 AM-8:30 AM Room 319 A/B
Current prescribing practices: antipsychotic use in children and adolescents. Stevens MC, Szarek BL, Goethe JW	Sunday, 5/15/11 7:00 AM-8:30 AM

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	Room 319 A/B
Dyslipidemia in psychotropic-treated patients correlates with combinatorial CYP405 drug metabolism indices. Ruaño G, Villagra D, Szarek BL, Windemuth A, Kocheria M, Berrezueta CD, Goethe JW	Sunday, 5/15/11 12:00 PM-1:30 PM
	Room 312
Risks of readmission in patients diagnosed with bipolar, major depressive, or schizoaffective disorders: a longitudinal study. Woolley SB, Goethe JW, Szarek BL	Monday, 5/16/11 7:00 AM-8:30 AM
	Room 318 A/B
Diagnostic stability in major depressive disorder with versus without psychotic features. Goethe JW, Szarek BL	Monday, 5/16/11 9:00 AM-10:30 AM
	Room 318 A/B
Current prescribing practices: antipsychotic polypharmacy in patients with schizophrenia and schizoaffective disorder. Bonetti J, Szarek BL, Goethe JW	Monday, 5/16/11 12:00 PM-1:30 PM
	Room 316 C
Poster Presentations	
Variables Associated with 3-Month Incidence of Readmission: Patients with Schizophrenia versus Schizoaffective Disorder. Padole A, Woolley SB, Szarek BL, Goethe JW	Sunday, 5/15/11 10:00 AM-11:30 AM Kamehameha Hall 3, Level 1
Expectancy therapy for smoking cessation. Wilber CH, Jaffe A, Bhandari K, Ehret M	Monday, 5/16/11 1:00 PM-3:00 PM Kamehameha Hall 3, Level 1
Cognitive training in the elderly with normal aging and cognitive impairment with no dementia. Wilber CH, Cmero J, Blank K, Bhandari K	Tuesday, 5/17/11 10:00 AM-11:30 AM Kamehameha Hall 3, Level 1

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January 2011:

IOL Leadership News

Dr. Harold I. Schwartz, Psychiatrist-In-Chief, VP for Behavioral Health, IOL/HH has been appointed Adjunct Professor of Psychiatry in the Yale University School of Medicine.

[Research Rundown](#) - January 2011 Issue

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

The IOL hosted the 14th Annual Peter Tacy Symposium

On December 9, 2010, The Institute of Living hosted the 14th Annual Peter Tacy Symposium, entitled Students and Sexuality: A Complicated Emotional, Physical and Behavioral Journey. Professionals from 40 independent schools through out the Northeast attended the symposium, which was sponsored by Mental Health in Independent School Communities (MHISC). The keynote speaker was Elenie Tsarhopoulos, an international educational consultant who works with independent schools educating students, parents, and faculty on creating successful relationships. Her presentation was called "Sexuality and the Media Across the Lifespan: Success Strategies for Creating a Healthy Sexual Mindset."