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Brainwaves

DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

WINTER 2015

Chairman's Message



**Mark Hyman
Rapaport, MD**

This winter is a time of exciting growth and change for our Department of Psychiatry and Behavioral Sciences. As the first phase of the Emory Medicine Brain Health and Neurosciences Initiative, we have moved into the Emory Brain Center at Executive Park 12 with the Department of Neurology. Together we are developing new models of clinical practice, education, and research that will facilitate truly integrative care of our patients and their families.

We are continuing to recruit outstanding new leaders to our Department. Cathy Rice, PhD has joined us from the Centers for Disease Control and Prevention as the Director of the Emory Autism Center and, as discussed in detail in this newsletter, Grayson Norquist, MD, MSPH has joined us as the new Chief of Psychiatry at Grady. We believe 2015 will be a very exciting year for our Department at Emory.

Welcoming a New Grady Chief



Dr. Grayson Norquist clearly knows that if he was looking for a simple, straightforward job, he hasn't found it. As the new Chief of Psychiatry at Grady Hospital starting this January, Dr. Norquist is now in charge of mental health services run at Grady Health Systems, including inpatient and outpatient services

Trainees



Our Department and all of its trainees participated in several walks in November. The NAMI walk had over 70 walkers including participants from the Rollins School of Public Health, Active Minds and several other undergraduate student service organizations raising close to \$3000.

We also participated in walks to support the American Foundation for Suicide Prevention and Move for Moms all at Piedmont Park.

This has been a busy recruitment season for many programs. We interviewed over 200 well qualified applicants for residency as well as Psychiatry and Psychology fellowship positions and many more for Psychology internship and Post-Doctoral Programs. We have already successfully matched for several programs and will hear about others in the next month or

Grayson Norquist

for some of the state's most marginalized citizens.

It's no easy task – a fact that Dr. Norquist is well aware of. "I just know that running a mental health service at a big urban hospital is a challenge, no matter how good you are," says Dr. Norquist, who also has a Master's degree in Public Health.

Still, he's excited to get to work. "One of my big passions is helping underserved populations," says Dr. Norquist. As former Chairman of the Department of Psychiatry and Human Behavior at the University of Mississippi Medical Center, he made it his mission to work to reduce disparities and increase quality of care at community health centers. He also currently chairs the Board of Governors of the Patient-Centered Outcomes Research Institute (PCORI), funding research and disseminating results so that patients and providers can make informed decisions on effective medical treatments.

At Grady, Dr. Norquist plans to continue the work begun by outgoing Psychiatry Chief of Service Dr. Bill McDonald. Through a secondary appointment in Rollins School of Public Health, Dr. Norquist is also planning on exploring new models of care to reduce disparities in health outcomes. "Number one is to deliver the best psychiatric services to patients at Grady," says Dr. Norquist. "But I also want to develop community-based models of healthcare that integrate mental health and medical care together." He's planning to provide clinical supervision and to offer mentorship to those interested in community psychiatry and patient-centered research.

And if the job sounds like a lot to take on, know that Dr. Norquist wouldn't have it any other way. "I just want to be someone who works with everyone to try to better the lives of people with mental health problems," he says. "I have an open door policy and would just like to roll up my sleeves and do the best we can."

Prevention of Mental Illness in High-Risk Children

two.

Seven medical students will be working on discovery projects in psychiatry this year, up from 3 in 2012.

Our addiction fellows have begun mentoring /teaching students at South Atlanta High School from the Pipeline Program about drug abuse/ addiction issues. Other trainees have been involved in community presentations as well.

In the news



Dr. Helen Mayberg has published a study that identified a biomarker in the brain used to predict whether a depressed patient would respond better to psychotherapy or to medication. [Read more here.](#)



Dr. Kerry Ressler comments on resilience as it relates to treatment of Post-Traumatic Stress Disorder (PTSD) in relation to the current movie



Children of parents with mental illness are at an elevated familial risk for the development of emotional problems. Diana I. Simeonova, Dipl.-Psych., Ph.D., Assistant Professor in the Department of Psychiatry and Behavioral Sciences, and her team want to understand the mechanisms contributing to adaptive and maladaptive development in this vulnerable population. The overall goal of the research is to inform the development of novel evidence-based prevention and early intervention treatment approaches for high-risk children at the youngest possible age.



Diana I. Simeonova,
Dipl.-Psych., Ph.D.

Simeonova is conducting longitudinal studies focused on resilience, risk, and social-emotional neurodevelopmental factors in mother-child dyads of mothers with bipolar disorders (BD), depression, and anxiety disorders from pregnancy until early childhood. "Despite exposure to multiple risk factors, many of these high-risk offspring go on to have normal lives.

However, how and why these children 'overcome the odds,' and how to channel this knowledge into early interventions promoting resilience and reducing risk remains unknown," says Simeonova. "We are most excited about the implications of our findings for prevention science. Our mission is to alleviate suffering and promote well-being in families with mental illness."

In the first study of its kind, Simeonova examined temperament and behavior in toddlers of mothers with BD. The findings indicate that in this population, toddlers with impairments in flexibility, frustration tolerance, restraint, soothability, daily rhythms, and negative emotions might be at an increased risk for behavioral and

"Unbroken" about Louis Zamperini. [Read more here.](#)



Dr. Larry Young's animal research has shown that a mouse with characteristics of Autism Spectrum Disorder (ASD), if given a dose of oxytocin will increase their own production of this hormone and increase their interaction with other mice. This may translate into a treatment for humans in the future. [Read more here.](#)



This section will highlight different aspects of the Department of Psychiatry and Behavioral Sciences that people may not be aware of.

Blurbs for Newsletter

Stuart Zola, PhD, Professor Emeritus in the Department of Psychiatry and Behavioral Sciences, and Emeritus

emotional problems over time and should be monitored closely. "Our findings suggest that temperament-based early intervention and prevention approaches might be especially warranted for young children of mothers with BD and their families," says Simeonova. "A lot more research is needed in this area, but we strongly believe that prevention of later emotional problems in high-risk children is possible."

For more information on Simeonova's research, please visit bit.ly/simeonova-research

In Memoriam



**Dorothy (Dottie)
Fuqua**

On January 23, 2015, Mrs. Dorothy (Dottie) Fuqua passed away. Mrs. Fuqua was a gracious, caring and generous philanthropist whose legacy will live on in many ways. With her son J. Rex Fuqua and her late husband J. B. Fuqua, Dorothy Fuqua's generosity has improved the lives of numerous persons challenged by mental disorders. The Fuqua Family endowed the Dorothy C. Fuqua Chair in

Neuroimaging and Therapeutics, the J. Rex Fuqua Chair in Child and Adolescent Psychiatry and the J.B. Fuqua Chair in Late-Life Depression. Mrs. Fuqua has also long since been a supporter of Skyland Trail and the Botanical Gardens. She left this world a more beautiful place. We are forever grateful. Her presence is greatly missed.

Director of the Yerkes National Primate Center, has taken on a new position at the Atlanta VA Medical Center as Deputy Associate Chief of Staff for Research. As an important part of his new responsibilities, Zola will move to enhance the relationship between the VA Mental Health Service Line and the department.

Barbara O. Rothbaum, PhD, ABBP, was recently awarded the Paul A. Janssen Chair of Neuropsychopharmacology.

As Janssen Professor, Rothbaum will expand her investigations into the mechanisms and pharmacological treatments of anxiety, posttraumatic stress disorder (PTSD) and other disabling mental illnesses, while she continues to offer innovative treatment to post-9/11 veterans with PTSD, and to all veterans who suffered from military sexual trauma.

Catherine E. Rice, PhD, took her position as the new Director of the Emory Autism Center on February 2. Rice returns to Emory University after 14 years as a behavioral scientist and epidemiologist with the National Center on Birth Defects and Developmental Disabilities at the Centers for Disease Control and Prevention (CDC).

Rice has worked with people who have Autism Spectrum Disorder (ASD) for over 20 years. She will continue to provide some expert consultation to the CDC on determining autism case status, and will be working to

improve developmental and autism screening in the community.



Your support will help us to partner together for Atlanta and Beyond. To make a gift to the Department of Psychiatry [please click here.](#)

Contact Us

If you have any comments or suggestions please contact **Phyllis Rosen LCSW** at prosen@emory.edu



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