

November 2007:

IOL posters presented at Hartford Hospital's Research Day

The Institute of Living exhibited 26 posters at Hartford Hospital's Research Day on November 8th. These posters displayed some of the Institute's research studies presented in recent years. [Click here to see a list of these posters.](#)

October 2007:

Dr. Schwartz presented with Exceptional Leadership Award by IOL Board

On October 23rd, before an audience of 250 people at the Hartford Golf Club, Harold I. Schwartz, M.D., vice president and psychiatrist-in-chief of the IOL was greeted with a standing ovation when he received an "Exceptional Leadership Award" from the IOL Board of Directors. Skip Gengras, chairman of the board, presented the award to Dr. Schwartz at the annual Burlingame Award dinner. In his presentation, Mr. Gengras credited Dr. Schwartz with helping the IOL attain a listing once again in US News & World Report's annual ranking of the nation's top hospitals. Mr. Gengras cited Dr. Schwartz's leadership in developing nationally recognized research activities, in reinvigorating the psychiatric residency program, in maintaining clinical excellence, and in anti-stigma and advocacy efforts.

October 11th is National Depression Screening Day

This year's National Depression Screening Day (NDS) is on Thursday, October 11th. The NDS has continued to grow since its implementation in 1991, helping thousands of community, college, and military members learn the signs and symptoms of common mental illnesses, as well as connecting them to available resources for additional evaluation and treatment. The theme for this year's NDS will be *Stop a Suicide Today!* The focus will be to educate the public about the warning signs of suicide and how to effectively respond to someone who may be at risk for suicide. Please visit www.mentalhealthscreening.org to learn more about NDS.

The IOL is taking part in NDS and will have a free depression screening from 2PM-6PM, on October 11, 2007. For information please call (860) 545-7454.

IOL receives CSMS Excellence in CME Award for 2007

The Institute of Living has earned the distinction of being a winner of the Connecticut State Medical Society's (CSMS) *Excellence in CME Award for 2007*. This citation is awarded to intrastate sponsors of continuing medical education that have achieved renewal of their CSMS CME accreditation for the maximum term of four years with commendation. Angelo S. Garrabba, M.D., CSMS president, said in his announcement letter to President and CEO John Meehan, "Please accept our congratulations on the award, and our appreciation for providing quality CME to benefit our physicians and their patients at The Institute of Living. Additionally, Dr. Garrabba, lauded the efforts of the survey team responsible for the accreditation: John W. Goethe, M.D., Director of Medical Education; Joy A. Mounds, Coordinator; Elizabeth Fishe, M.L.S., Librarian; and Joseph Stevens, Audio Visual.

August 2007:

Dr. Jerrold F. Rosenbaum named the recipient of the 2007 Burlingame Award

The 2007 recipient of the C. Charles Burlingame Award will be Jerrold F. Rosenbaum, M.D. The Burlingame Award, presented annually since 1988, is given "in recognition of outstanding leadership and lifetime achievement in psychiatric research and education." Dr. Rosenbaum is currently Psychiatrist-in-Chief at Massachusetts General Hospital (MGH) and Stanley Cobb Professor of Psychiatry at Harvard Medical School. He is recognized as one of the world's foremost authorities on mood and anxiety disorders, with a special emphasis on pharmacotherapy of those conditions. His research contributions include extensive leadership in the design and implementation of trials to develop innovative treatments for major depression, treatment resistant depression, and panic disorder, and studies of longitudinal course and outcomes of these disorders. As Chief of Psychiatry at MGH, he directs a department of nearly 600 clinicians, researchers and trainees. He lectures widely on related topics, addressing thousands of practitioners annually in a variety of postgraduate educational venues. The Selection Committee felt that Dr. Rosenbaum's career exemplifies the values of excellence in clinical care, research, teaching and administration, which the Burlingame Award represents. The Burlingame Award dinner will be held on Tuesday, October 24, 2007 from 6-9 P.M. at the Hartford Golf Club and the Burlingame Award Lecture will be held on Wednesday, October 25, 2007 from 8-9:15 A.M. in the Commons Building at the IOL. [For more information about the Burlingame Award and a list of previous recipients, click here.](#)

IOL Research reaches new milestones

IOL research centers currently have 27 federal grants and subcontracts, the largest number in the history of The Institute and more than half of all of the federally funded research at Hartford Hospital. In addition, the number of studies funded by private foundations and industry are at an all-time high. Recently announced awards include:

The Cognitive Enhancing Effects of D-Cycloserine among Non-Demented Elderly
Principal Investigator: Gretchen Diefenbach, Ph.D.

White Matter Changes in Normal Aging: Impact on Everyday Functioning
Principal Investigator: Melina Griss, Ph.D.

Characterizing the dyslexia phenotype using genetics and MR Morphology
Principal Investigators: Shashwath Meda, M.S., and Godfrey D. Pearlson, M.D.

Virtual Reality Exposure Therapy for Combat-Related PTSD in Iraqi Veterans
Principal Investigators: Melissa Norberg, Ph.D., and David Tolin, Ph.D.

Christina Levin-Gerdner appointed Director of Education for the Webb Schools

Christina (Kikke) Levin-Gerdner, M.Ed., has been appointed as the Director of Education for the Webb Schools at the IOL. Ms. Levin-Gerdner will assume the director's position effective August 1st, upon the retirement of the current director, Surrey Hardcastle, M.Ed. Ms. Levin-Gerdner is currently the principal of the Grace S. Webb High School in Hartford. An experienced educator and administrator, she has taught and administered programs in both the public and private sectors in the U.S. and Europe. As director of the Webb Schools, Ms. Levin-Gerdner will have responsibility for the administration of the IOL's special education schools in Hartford, Bloomfield, and Cheshire.

July 2007:

Governor Rell announces NIH Grant awarded to Genomas, Inc.

On July 23, 2007, Governor M. Jodi Rell announced that [Genomas, Inc.](#), the private biomedical company based at Hartford Hospital that partners with us on genetically-based research, and that is headed by Dr. Gualberto Ruano, has been awarded a \$1.4 million grant from the National Institute of Health to develop a product that will enable doctors to more effectively treat schizophrenia, bipolar disorder, obsessive-compulsive disorder and other mental health disorders. Co-investigators for this study are John Goethe, M.D., and Steve Woolley, D.Sc., of the [Burlingame Research Center](#) at the IOL and the grant builds on a pilot study they conducted with Dr. Ruano last year at the IOL. Many of the subjects in that study came from the IOL, and the new study will enroll subjects from both the IOL and a hospital in Kentucky. The product under development aims to help patients avoid an antipsychotic medication's potential side effects, like cardiovascular disease symptoms and obesity, by guiding drug selection for each patient according to his/her DNA. Next-generation biomedical devices could change the current course of treatment by providing physicians with the tools to predict proper medications and avoid serious drug side effects, based on a patient's individual DNA. "This is one of the largest National Institute of Health grants ever given to a Connecticut life sciences company," Governor Rell said. She continued, "Partnerships like the one Hartford Hospital and Genomas has formed have tremendous value. We have some of the finest academic and research facilities in the world, and we will continue to create linkages between the work they are doing, our businesses, and the public sector."

IOL/HH listed in US News & World Report's "Best Hospitals" issue

For the first time ever, Hartford Hospital has been listed in the issue devoted to "America's Best Hospitals" that US News & World Report publishes every summer. Hartford Hospital was listed for Psychiatry, at number 21. The Institute of Living's national stature has been growing lately, driven largely by the voluminous and impressive research it conducts and the translation of that research into excellent clinical care. In a memo to all Hartford Hospital employees, John Meehan, CEO commented that Dr. Harold I. Schwartz, Psychiatrist-in-Chief and the entire team at the IOL are to be congratulated for bringing this honor to our hospital.

State funds new Child Crisis Unit at The Institute of Living

Connecticut's Department of Social Services has agreed to fund a 6-bed child and adolescent crisis unit for youth ages 5-17 who are experiencing behavioral/psychiatric problems. Called CARES for "Child and Adolescent Rapid Emergency Stabilization," the unit will be built at the IOL and will take some of the pressure off of CCMC's emergency department. The number of children and adolescents admitted to the emergency department with behavioral issues has skyrocketed, leaving many of them to wait for hours, if not days, while inpatient beds are sought throughout the state. After a particularly difficult spring, the state has agreed to fund this unit whose primary goal is to treat and discharge patients in less than 72 hours, avoiding the need for hospitalization whenever possible, and secondarily to provide crisis care on an interim basis while an inpatient bed is sought. In a memo to all Hartford Hospital employees, John Meehan, CEO commented that much credit goes to Dr. Paul Dworkin and Martin Gavin at CCMC, and to Dr. Harold I. Schwartz, Dr. Steve Larcen, Annetta Caplinger and Kevin Kinsella for making this critical program happen.

Dr. Melman to join the active staff in Psychiatry effective July 13th

As of July 13, 2007, David Melman, M.D. will join the HH/IOL employed medical staff in psychiatry. Dr. Melman received his M.D. from the Miller School of Medicine/University of Miami and completed his first year of psychiatric training at Jackson Memorial Hospital in Miami. He joined The Institute of Living's resident staff in psychiatry in 2004 and completed his training here at the IOL in June of this year, serving as co-chief resident during his final year. In his new position, Dr. Melman's primary responsibility will be to provide patient care on the inpatient service, on Donnelly 3 North.

Dr. Ripepi to join the active staff in Psychiatry effective July 2nd

As of July 2, 2007, Francisco Ripepi, M.D. will become a new member of the HH/IOL employed medical staff in psychiatry. Originally from Venezuela, Dr. Ripepi received his medical degree from the Lisandro Alvarado Centro-Occidental University School of Medicine in Barquisimeto, Venezuela. He completed his psychiatry residency training at Mount Sinai School of Medicine (Elmhurst) and joins our staff on completion of his child and adolescent psychiatry fellowship at SUNY Downstate and Kings County Hospital Center. Dr. Ripepi's responsibilities here will include providing patient care services in the CCMC School and the Child and Adolescent Outpatient Clinic.

June 2007:

Dr. Karen Bullock receives NASW CT Chapter's Educator of the Year Award

Karen Bullock, Ph.D., LCSW, a senior research scientist at the Braceland Center for Mental Health and Aging has received the National Association for Social Workers/Connecticut Chapter (NASW/CT) Educator of the Year Award for 2007. The award was presented on June 7th at the NASW/CT annual awards dinner in New Haven. Dr. Bullock was recognized for "excelling in the field of social work education, for mentoring and inspiring her students, and for contributing significantly to improving end-of-life care within the African American community." In addition to Dr. Bullock's responsibilities at the Braceland Center, she has also provided clinical services on Donnelly 1 North and the Healthy Aging outreach project serving low income elderly in Hartford. She has served on Hartford Hospital's Ethics Committee for the past four years and was recently appointed Director of Social Work Education, Training and Staff Development at the IOL.

The Child & Adolescent division at the IOL has created the new Autism Consultation Service

Child and Adolescent Services at The Institute of Living has developed a new service in response to the high demand nationally for evaluation of children with, or who may have autism. The [Autism Consultation Service](#) offers a multidisciplinary assessment and consultation service for school-aged children who are within the autism spectrum. The program seeks to evaluate the middle-to-high spectrum of functionality, those trying to function successfully within family, school, and within the community. A team of specialists, headed by Robert Sahl, M.D., Medical Director of Child and Adolescent Services at the IOL, will develop an individual, functional plan and recommendations for the child's optimal functioning within their environments. The Autism Consultation Service is designed for parents to have a complete functional assessment of their child in three realms: home function, school function, and community function.

Steve Sklar, R.N. nominated for Nursing Spectrum Excellence Awards

Steve Sklar, a registered nurse on D1N at The Institute of Living, was among the nominees for the 2007 Nursing Spectrum Excellence Awards in the Clinical Care category. The Nursing Spectrum Excellence Awards provide an opportunity for health care institutions throughout New England to recognize and celebrate their outstanding nurses. Each year nominations are submitted in the following categories: Advancing and Leading the Profession, Teaching, Clinical Care, Community Service, Management, and Mentoring. The nominees were honored recently at a ceremony in Boston.

May 2007:

The Institute of Living's Awards Day Ceremony

The Institute of Living held its annual Awards Day ceremony on May 31, 2007, recognizing the accomplishments and dedication of many care givers at the IOL. Below is a list of the awards presented to members of the IOL staff.

Arne Welhaven Memorial Award Recipient: Catherine (Kate) Morgan, LCSW

Linda J. Stacey Service Excellence Award Recipients: Dawn Benson, LCSW

Trisha Brainard, Psychiatric Technician

Larysa Wysznewskyj, LCSW

Psychiatrist-in-Chief's Award: Adrienne L. Bentman, MD

HH Employee of the Year Award - Recognition of Finalist: Dorothy Crampton, Coordinator of Operations

Nightingale Award for Excellence in Nursing: Mary Alice Smith, RN

Dedicated to Caring Award Recipients: Jose Morales, PAA

Barry London, Psychiatric Technician

Laverne Halliday, Psychiatric Technician

Linda Richards/June Long Award Recipients: Edward Clukey, RN

Jean Ficaro, RN

CAPSEF Golden Apple Award: Alison Huckabee, Assistant Teacher

Tracy Abbate, Music Teacher

Margaret Edwards, Assistant Teacher

Jennifer Quinones, Assistant Teacher

Social Worker Educator of the Year: Karen Bullock, Ph.D, LCSW

IOL Members Inducted into the Quarter Century Club: Edward (Ned) Jaroszewski, MD

Olga Dutka, MSN, MBA

Gail M. Nelson, RN, CNA, BC

Ruth M. Reiser, APRN

Norman D. Cote

Michael DeCarlo, Case Manager

Beverly LeMay, AA

Joseph Pistrutto, Security Officer

April 2007:

2007 BrainDance Award Winners - Seeking to Stamp out the Stigma of Mental Illness

On April 25, 2007, The Institute of Living celebrated [the 4th annual BrainDance Awards](#). The BrainDance Awards are an academic and art competition hosted by The Institute of Living. The goal of BrainDance is to reduce the stigma of mental illness by encouraging students to learn more about psychiatric disorders. We also hope to encourage students to choose careers in the mental health field. High school and college students submit academic projects and art work on the topic of severe mental illness. The projects are judged by IOL staff on the basis of creativity, scientific merit, accuracy, and anti-stigma content and the best projects are awarded cash prizes.



Some of this year's winners were:

Overall Winner - \$1000

Video Documentary: "Stigma"

by: Alexander Yan & Pedro Ondrush - Kennedy High School, Waterbury, CT

College Division - First Place for Art Project - \$500

Autobiography: "A Darker Sort Of Girl"

by: Whitney Robinson - University of Massachusetts, Amherst, MA

College Division - First Place for Academic Project - \$500

Research Study: "The Impact of Co-Morbid Post Traumatic Stress Disorder and Major Depressive Disorder on Chronic Medical Conditions in a Nationally Representative Sample"

by: Brittany Speisman - Wesleyan University, Middletown, CT

High School Division - First Place for Art Project - \$500

Illustrated Book: "A Day in the Life of an Autistic Boy"

by: Stacey Vishnevetsky & Abby Walworth - Hopkins School, New Haven, CT

High School Division - First Place for Academic Project - \$500

Research Questionnaire: "Believing in Abilities"

by: Brittany Decker and Maria Nadeau - Bristol Eastern High School, Bristol, CT

IOL researchers present at the annual meeting of the College of Psychiatric and Neurologic Pharmacists

Alex A. Cardoni, M.S. Pharm. of The Burlingame Center for Psychiatric Research and Education presented the paper titled: "Bupropion Augmentation Versus Usual Care in the Treatment of Patients with Treatment-Resistant Depression" at the annual meeting of the College of Psychiatric and Neurologic Pharmacists (CPNP) on April 17, 2007. This year was the CPNP's tenth annual meeting and it was held at The Broadmoor, in Colorado Springs, Colorado. Another Burlingame Center researcher, James J. Gugger, Pharm.D. presented two posters at the meeting. His poster presentations were titled: "Clozapine Treatment in a Patient with a Persistently Low Neutrophil Count" and "The Pharmacogenomics of Antidepressant Tolerance".

March 2007:

Dr. Karen Bullock named Director of Social Work Training and Staff Development

Karen Bullock, Ph.D., LCSW, has been appointed to the position of Director of Social Work Training and Staff Development at the IOL. In this role she will oversee the social work internship program and develop ongoing training for social work staff. Dr. Bullock's academic, research, and clinical activities will enhance social work training and practice at the IOL. In the coming months she will work with Gene Hickey, Social Work Director, and with staff to implement this new role. Dr. Bullock is an assistant professor at the UConn School of Social Work where she chairs the research sequence and the Black Studies substantive area. At the IOL she holds an appointment as a senior research scientist at the Braceland Center for Mental Health and Aging. Over the last two years, Dr. Bullock also has provided clinical services as a per diem treatment manager on Donnelly 1 North, the Geriatric Intensive Outpatient program, and the Healthy Aging outreach project serving low income elderly in Hartford. Dr. Bullock has served on the Hartford Hospital Ethics Committee for the past 4 years. In the community she is the president of the board of the North Central Agency on Aging and is on the executive board of the CT Coalition to improve End of Life Care.

March is Professional Social Work Month

Professional Social Work Month is celebrated annually, in March. During this time, the commitment and skills of our social work staff is acknowledged. With nearly 100 professionally trained staff assigned throughout all levels of care, social workers play a key role in The Institute of Living's clinical, training, and research mission.

January 2007:

IOL's historic trees featured in an interview with Ed Richardson

National public radio station WFCR (88.5 FM in Massachusetts) featured an interview with tree expert, Ed Richardson of the Connecticut Botanical Society that originated from the grounds of The Institute of Living. [Click here to listen to Ed Richardson discuss the IOL's historic trees in this interview which aired on WFCR on January 22, 2007.](#)

Dr. Loftus to join the active staff in Psychiatry effective January 15th

As of January 15th, Mirela Loftus, M.D., Ph.D. will become a new member of the HH/IOL employed medical staff in psychiatry. Dr. Loftus received her M.D. from the Carol Davila University of Medicine and Dentistry in Bucharest, Romania. She obtained a Ph.D. in Neuroscience from the University of California, Davis, and went on to complete her general psychiatry residency training at the University of Connecticut Health Center in Farmington. Dr. Loftus most recently completed a Fellowship in Child and Adolescent Psychiatry here at The Institute of Living in December 2006. In her new position, she will provide patient care on the inpatient service's child and adolescent unit, Donnelly I South, and serve in a consultative role at the Webb School in Bloomfield.

Dr. Harold I. Schwartz elected to NAPHS board of trustees

Harold I. Schwartz, M.D., Psychiatrist-in-Chief and Vice President for Behavioral Health at The Institute of Living/Hartford Hospital has been elected to the board of trustees of the National Association of Psychiatric Health Systems (NAPHS). Dr. Schwartz was elected to a three-year term that began January 1, 2007. Founded in 1933, the NAPHS advocates for behavioral health and represents provider systems that are committed to the delivery of responsive, accountable, and clinically effective prevention, treatment, and care for children, adolescents, adults, and older adults with mental and substance use disorders.

Dr. Offsay to speak at the annual meeting of the American Association of Geriatric Psychiatry

Dr. Julian Offsay will speak at the this year's annual meeting of the American Association of Geriatric Psychiatry (AAGP). The AAGP's 20th Annual Meeting will be held in New Orleans from March 1-4, 2007. Dr. Offsay is scheduled to present on Saturday, March 3, 2007 at 9:00 A.M. and the title of his presentation is "Alcoholism in Later Life: Present Realities and Future Possibilities".

APA Presentations

IOL researchers will be making six presentations at the annual meeting of the American Psychiatric Association. The meeting will take place in San Diego, California from May 19-24, 2007. The titles and dates of these presentations are listed below.

Scientific and Clinical Report Sessions	
Severe Headaches and the Risk of Subsequent Suicidal Thoughts or Behaviors Stephen B. Woolley, D.Sc., <i>Institute of Living</i> , John W. Goethe, M.D., <i>Institute of Living</i> , Lisa Fredman, Ph.D., Alisa Lincoln, Ph.D., Timothy Heeren, Ph.D.	5/21/07 11:00 AM
CYP Genotyping in Patients with Major Depressive Disorder Gualberto Ruano, M.D., Ph.D., <i>Genomas, Inc.</i> , John W. Goethe, M.D., <i>Institute of Living</i> , Andreas Windemuth, Ph.D., <i>Genomas, Inc.</i> , Umme Salma Rahim, M.D., <i>Institute of Living</i>	5/22/07 11:00 AM
Metabolic Abnormalities in Psychiatric Inpatients John W. Goethe, M.D., <i>Institute of Living</i> , Bonnie L. Szarek, R.N., <i>Institute of Living</i> , Charles F. Caley, Pharm.D., <i>University of Connecticut, Institute of Living</i>	5/22/07 11:00 AM
Metabolic Abnormalities in Patients with MDD Karen Blank, M.D., <i>Institute of Living</i> , Bonnie L. Szarek, R.N., <i>Institute of Living</i> , John W. Goethe, M.D., <i>Institute of Living</i>	5/22/07 12:00 PM
Indicators of Treatment Refractory Illness and Risk of Suicide Bonnie L. Szarek, R.N., <i>Institute of Living</i> , John W. Goethe, M.D., <i>Institute of Living</i> , Stephen B. Woolley, D.Sc., <i>Institute of Living</i>	5/23/07 11:30 AM
LOCF (Last Observation Carried Forward) and Distortion of Findings in a Psychotropic Drug Clinical Study Alex A. Cardoni, M.S. Pharm, <i>Institute of Living</i> , Stephen B. Woolley, D.Sc., <i>Institute of Living</i> , John W. Goethe, M.D., <i>Institute of Living</i>	5/24/07 11:30 AM