December 2013:

New Geriatric Psychiatry Fellowship Program announced

The ACGME recently approved the IOL's application to establish a University of Connecticut/Institute of Living training program in Geriatric Psychiatry, effective July 1, 2014. This will be a joint program between the IOL and UCONN. It will allow the IOL to take advantage of current geriatric psychiatry programming here at the IOL, as well as the growing strength in geriatric psychiatry at UCONN. It will also permit the IOL to forge closer ties with UCONN. The program will be led by Dr. Rehan Aziz, geriatric psychiatrist and Assistant Director of the IOL's General Psychiatry Residency Program. The program will also add to the already robust offerings we have in graduate medical education in adult psychiatry, as well as fellowship programs in psychosomatic medicine and child and adolescent psychiatry.

Book signing with Dr. David Tolin on December 4th at the HHC Wellness Lounge

On Wednesday, December 4, 2013 from 12:30-1:30PM, there will be a meet and greet and book signing held in the new HHC Wellness Lounge at Westfarms Mall. Dr. David Tolin, the founder and director of the Anxiety Disorders Center at the IOL, will be available to sign books. Dr. Tolin is the author of more than 100 scientific journal articles, as well as the books Buried in Treasures: Help for Compulsive Acquiring; Saving and Hoarding and Face Your Fears: A Proven Plan to Beat Anxiety, Panic, Phobias and Obsessions. Dr. Tolin has been featured on the reality TV series Hoarders, The OCD Project, and My Shopping Addiction and has been a recurrent guest on The Oprah Winfrey Show, The Dr. Oz Show, and Anderson Live.

November 2013:

Two IOL child psychiatrists presented with awards

Dr. Lisa B. Namerow, Director of the Child and Adolescent Residency Program and Dr. Lynn Mangini both received the CCMC Physicians of the Year Award at the annual medical staff meeting held in November 2013.
The Anxiety Disorders Center is seeking participants for several research projects

The Anxiety Disorders Center (http://www.harthosp.org/InstituteOfLiving/AnxietyDisordersCenter/default.aspx) is currently conducting clinical research projects for adults with Obsessive-Compulsive Disorder, Panic Disorder, Generalized Anxiety Disorder, or Hoarding Disorder. Study treatments are provided at no cost. Please call 860-545-7685 for more information.

October 2013:

Olin Center celebrates 10th Anniversary and Annex opening on October 30th

On Wednesday, October 30, 2013 from 3-4PM, employees are invited to celebrate the 10 year anniversary of the Olin Center at the IOL and the opening of the Olin Center Annex. Remarks and refreshments will be in the Staunton Williams Auditorium followed by a ribbon cutting at the Olin Center. The Olin Neuropsychiatry Research Center is at the forefront of neuroscience research in brain disorders. In 2010, the center was awarded a $3.2 million building grant from the federal government's Economic Stimulus Act and received $2.2 million in matching funds from Hartford Hospital to expand the center and add state-of-the-art equipment. The expansion project has fostered much collaboration among Hartford HealthCare's neurosurgery, cardiology, and bariatric surgery service lines and a number of federally funded studies.

John W. Goethe, M.D. to present at the annual meeting of the World Psychiatric Association

Dr. John Goethe, Director of the Burlingame Center for Psychiatric Research and Education and Director of the Mood Disorders Program, has been invited to make two presentations at the annual meeting of the World Psychiatric Association (WPA). This year's WPA International Congress is being held October 27th-30th in Vienna, Austria. Dr. Goethe's first presentation entitled, "The case for routine genotyping in the management of patients with MDD" is scheduled for October 28, 2013. And Dr. Goethe's second presentation, "Psychoanalytic theory informs biological psychiatry" will take place on October 30, 2013.
Retirement reception for Dr. Theodore Mucha on October 24th

There will be a retirement reception for Theodore F. Mucha, M.D. on Thursday, October 24, 2013 from 2-5 PM in the Hartford Room of the Commons Building on the IOL campus. Dr. Mucha, Medical Director at The Institute of Living, is retiring after 48 years of distinguished service. A psychiatrist with a specialty in psychoanalysis, Dr. Mucha is a revered teacher who has been a cornerstone of the psychotherapy training program for the IOL residents throughout his career.

Dr. Schwartz featured in recent N.Y. Times article

Harold I. Schwartz, M.D., Psychiatrist-in-Chief at The Institute of Living was featured in an article in The N.Y. Times on October 22, 2013. Visit http://well.blogs.nytimes.com/2013/10/21/how-safe-is-cycling-its-hard-to-say/?_r=0 to read the article, entitled "How Safe Is Cycling? It’s Hard to Say".

IOL team walked for Suicide Prevention on October 5th

Several employees from The Institute of Living participated in the "Out of The Darkness" Walk on October 5, 2013 at Rockwell Park in Bristol to raise money and awareness for suicide prevention. The team, which consisted of inpatient and outpatient nurses, technicians, and clinicians, raised more than $2,200. Hartford Hospital recognized worldwide Suicide Prevention Week from September 9th-13th, with several events in remembrance of the more than 40,000 people who commit suicide in the United States annually. Everyday, our Hartford Hospital family cares for individuals affected by this issue.
September 2013:

IOL staff members walked for Alzheimer’s awareness on September 22th

The staff from the Memory Disorders Clinic and their families participated in the Walk to End Alzheimer’s in Bushnell Park, on Sunday, September 22, 2013. The Walk to End Alzheimer’s is the nation’s largest event to raise awareness and funds for Alzheimer’s care, support, and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions.

IOL’s Suicide Prevention Conference draws 250 participants

World Suicide Prevention Day, September 10th, was recognized at the IOL with a conference that focused on adolescents and young adults. The conference hosted more than 250 members of the greater Hartford professional community. Rosemary Baggish began the conference with a presentation of the data on suicide thoughts, plans, and attempts by adolescents in independent schools from a national survey offered through the IOL. The keynote address by Dr. David Rudd was entitled “Knowing What Works with Suicidal Adolescents and Young Adults.” Two case presentations were discussed by IOL staff. Dr. Harold I. Schwartz opened and closed the conference by sharing the commitment of the Institute’s medical and professional staff to better understand and to improve its ability to effectively manage and prevent suicide attempts.

Worldwide Suicide Prevention Week 2013 at The Institute of Living

On September 9, 2013, Harold I. Schwartz, M.D., Psychiatrist-in-Chief, will be interviewed on the Ray Dunaway Show on WTIC-AM 1080 at 7:45AM. Then at 9AM, Dr. Schwartz will talk about suicide issues during an interview on WNPR’s “Where We Live” with host John Dankosky on 90.5 FM. Visit http://www.yourpublicmedia.org/content/wnpr/talking-about-suicide?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+WhereWeLive%2E+Podcast%28Where+We+Live+%2E+Podcast%29 to listen to that interview. At 11AM, Dr. Schwartz will give a live interview with NBC CT News to discuss suicide and the stigma of mental health issues. Later that day, the Hartford Hospital Auxiliary Golf Tournament proceeds will be awarded to the Emergency Room Psychiatric Pod. At the tournament dinner,
Dr. Schwartz will speak about the link between enhanced emergency care and suicide prevention. Then on Thursday, September 12th, Dr. Schwartz will be interviewed by FOX CT News at 9AM.

In recognition of the worldwide focus on suicide prevention the IOL is offering the following programs:

**Worldwide Suicide Prevention Day Conference: A Focus on Adolescents and Young Adults**
- **Date:** September 10, 2013
- **Time:** 8:30AM-12:30PM
- **Location:** Hartford and Middlesex Rooms, Commons Building, IOL
- Pre-registration by staff is required due to limited space.

**Issues of Suicide (for IOL staff and clinicians, lunch will be served)**
- **Date:** September 11, 2013
- **Time:** 11:30AM-12:30PM
- **Location:** Conference Room 1, Donnelly Building, IOL
- RSVP is needed by August 27th. Please call the Family Resource Center at (860) 545-7665 to RSVP.

**Survivors of Suicide Support Group**
- **Date:** September 11, 2013
- **Time:** 7:00PM-8:30PM
- **Location:** Young Adult Service Group Room
- RSVP is needed, please call the Family Resource Center at (860) 545-7716 or email PatriciaC.Graham@hhchealth.org to RSVP.

**Schwartz Rounds on Suicide (for all IOL medical and clinical staff)**
- **Date:** September 12, 2013
- **Time:** 12:00PM-1:30PM
- **Location:** Hartford Room, Commons Building, IOL
July 2013:

New members of the HH/IOL employed medical staff in Psychiatry

Dr. Brian Becker Broncheau will join the active staff in Psychiatry as of July 1, 2013. Dr. Becker Broncheau received his M.D. from the Oregon Health Sciences University School of Medicine. He was appointed to the HH/IOL resident staff in Psychiatry in July 2009 and is now completing his training. He has accepted a position on the Adult Service where he will be employed on an inpatient unit. Dr. Michael Dewberry will join the active staff in Psychiatry as of July 1st as well. After receiving his medical degree from the University of Connecticut School of Medicine, Dr. Dewberry joined the IOL/HH resident staff in the general psychiatry training program in July 2008. He is now completing his child and adolescent psychiatry fellowship. In his new position, his responsibilities will include providing patient care in Young Adult Services, the Child Partial Hospital Program, the DBT Program, and the outpatient practice. And also effective July 1, 2013, Dr. Deepti Chopra will join the active staff in Psychiatry. Dr. Chopra holds a medical degree from the Grant Medical College in Mumbai, India, following which she received a Master of Public Health degree from East Tennessee State University at Johnson City. She completed her residency in Psychiatry at the State University of New York at Buffalo School of Medicine and Biobehavioral Sciences. Just prior to joining our staff, she will have completed a Clinical Fellowship in Psychosomatic Medicine at Yale University. Dr. Chopra’s primary responsibilities will be with the Consultation/Liaison Service.

June 2013:

The IOL's Awards and Recognition Day Ceremony was held on June 11th

The Institute of Living held its annual Awards and Recognition Day ceremony on June 11, 2013, recognizing the accomplishments and dedication of many care givers at the IOL. Visit http://www.harthosp.org/Portals/1/images/29/IOLEmployeeAwardsDay2013.ppt for the list of award recipients, including a description of the awards they received.
David F. Tolin, Ph.D., ABPP awarded research grant

Dr. David Tolin, Director of the Anxiety Disorders Center/Center for Cognitive-Behavior Therapy, in collaboration with Dr. Michael Stevens of the Olin Neuropsychiatry Research Center, was awarded a $2.9 million research grant from the National Institute of Mental Health. His 5-year project, "Neural Mechanisms of CBT Response in Hoarding Disorder," will use functional magnetic resonance imaging (fMRI) to identify mechanisms of response to cognitive-behavioral therapy (CBT) for patients with hoarding disorder, and to use information gathered from fMRI data to refine CBT procedures to maximize their effectiveness. For more information, contact the Anxiety Disorders Center at 860-545-7685.

New networking group for early career professionals in psychology, psychiatry, and neurology

Dr. Mary Foster of the Division of Neuropsychology has begun a social and networking group for early career professionals in the fields of psychology, psychiatry, and neurology. All doctoral-level staff in psychology, psychiatry, or neurology who have completed their training approximately within the past ten years are invited to join. A goal of this group is to facilitate professional connections between staff members with the intent to create opportunities for referrals, program development, and/or research collaboration. Please contact Dr. Foster at Mary.Foster@hhchealth.org for more information.

David F. Tolin, Ph.D., ABPP lectures at Nobel Forum

Dr. David Tolin, Director of the Anxiety Disorders Center/Center for Cognitive-Behavior Therapy, presented an invited lecture at the Nobel Forum in Stockholm, Sweden. This lecture was hosted by the Karolinska Institute, one of Europe’s largest and most prestigious medical universities. His lecture, entitled "Science, Pseudoscience, and Mental Health Treatment," can be viewed at www.youtube.com/psychiatrylectures.

Harold I. Schwartz, MD invited to a conference at the White House

Dr. Schwartz was recently invited to represent Hartford Hospital at a mental health conference at the White House. This conference, which is the kickoff for the "national dialogue on mental health" took place on June 3, 2013 and included remarks by the President and the Vice President.
May 2013:

APA Presentations

IOL researchers made six presentations at the annual meeting of the American Psychiatric Association. The meeting was held in San Francisco, CA from May 18-22, 2013. Visit http://www.harthosp.org/InstituteOfLiving/AboutUs/News/default.aspx#APA to view the titles of their presentations.

Harold I. Schwartz, MD was invited to participate at several recent events

On May 9th, Dr. Schwartz participated in "Refusing Violence in Our Cities: Stakeholder Discussion with Representatives Larcen, Esty and Mike Thompson at the Faith Congregational Church in Hartford. On May 10th, Dr. Schwartz provided expert testimony to the Field Hearing of the Congressional Gun Violence Prevention Task Force at Hartford High School's Law and Government Academy (entered in the Congressional Record). Dr. Schwartz was one of only two invitees on the subject of mental health. Other participants were Governor Malloy, Mayor Segarra, Senators Leiberman and Murphy, Congressmen Larcen and Thompsen and Congresswomen DeLauro. And on May 16th, Dr. Schwartz was the featured guest speaker at the Salons at Stowe: the Harriet Beecher Stowe House Salon Series, speaking on "Mental Health: Stigmas, Stereotypes and Solutions".

Nursing Week Awards recipients

During National Nurses Week, several IOL staff members were presented with awards. The IOL's Director of Nursing, Ellen Blair, APRN, NEA, BC, received the Doris Armstrong Nursing Leadership Award and Ray Lilburn, RN, BSN - D3N received the Florence Nightingale Award for Excellence in Nursing. Other award recipients included:
The Linda Richards/June Long Awards for Nurses:

- Susan Olander, RN - D1N
- Greg Cukrowski, RN - D3N
- Laurie Lombardo, RN - D3S
- Elmedina Efendic, RN - D3N

The Dedicated to Caring Award for Psychiatric Technicians and PAAs:

- Rowena Mullings, PAA - D2S
- Ida Fisher, PT - D3S
- Semonea Virgo, PCA - D2N
IOL Events to celebrate National Nurses Week

On May 1st, there was a ribbon cutting ceremony and light refreshments served in the IOL Library from 2-4PM to celebrate the Dedication of the Annie Goodrich Room. On May 9th, during National Nurses Week, Dr. Barbara Wolfe, PhD, RN, FAAN, Associate Dean for Research at Boston College, William F. Connell School of Nursing was recognized as the second recipient of The Institute of Living’s Annie Goodrich Distinguished Nurse Lectureship Award. The award was created to celebrate the extraordinary accomplishments and rich legacy of Dr. Goodrich, who was consulting director of Nursing at the IOL from 1938-1941 and established its nationally famous postgraduate program in psychiatric nursing. Dr. Wolfe, a celebrated speaker, prolific writer, and nurse researcher, was chosen to receive this award because she exemplifies Goodrich’s values: excellence in scholarship, teaching, and in advancing the psychiatric nursing practice. Dr. Wolfe received the award after her presentation at the Annie Goodrich Distinguished Lectureship from 12-1:15PM in the Commons building. The title of Dr. Wolfe’s presentation was “Neurotransmitter Regulation & Eating Behavior”. A reception followed from 1:30-3:30PM in the Donnelly lobby. Visit http://www.harthosp.org/Portals/1/images/29/AnnieGoodrichMay2013.pdf for more information.

April 2013:

Ellen Blair and Christine Waszynski were recently published in Advances for Nurses

Co-authors Ellen Blair, APRN, NEA, BC and Christine Waszynski, APRN, MSN, GNP-BC were recently published in Advances for Nurses. Their article entitled: "A Multidisciplinary Approach to Fall Prevention in an Inpatient Psychiatric Hospital Setting" was published in the April 2013 edition of Advances for Nurses.
March 2013:

Webb School students display their art in public

Recently the artwork of Webb School students has been getting some public display. In February, two items by students from the Webb School at Cheshire were included at the 2013 Art Slam at the Capitol Exhibit at the Legislative Office Building in Hartford. Art Slam is an exhibition of Pre-kindergarten to grade 12 student artists from public and private schools throughout CT. Then, during a Youth Art Month Celebration (March 4th-23rd), five more students from the Webb School at Cheshire displayed their works in a beautiful gallery space with young artists from across the state at West Woods Upper Elementary in Farmington. All of the IOL students' artwork in the exhibits were selected by their art teachers, members of the CT Art Education Association, to exemplify diverse styles and media. Many families, friends, and teachers attended the reception.

Dr. Laura Saunders to present at the True Colors conference on March 21st

On March 21, 2013, Laura M. I. Saunders, Psy.D. ABPP, staff psychologist at the IOL/HH will present a Professional Best Practice Seminar at the True Colors conference on: Coming Out and Self-Acceptance in Co-Occuring Mental Illness: A Treatment Model. This evidence-based treatment model will serve as the foundation for a new IOP program in the Young Adult Service at the IOL to address the unique mental health needs of the LGBT community. True Colors organizes the largest LGBT youth conference in the country with more than 2000 attendees and manages the state’s only LGBT mentoring program. The conference is held at the University of Connecticut in Storrs. True Colors has been spotlighted by both national and local media for their expertise in LGBT youth issues, including most recently CNN. This groundbreaking organization works collaboratively with other social service agencies, schools, and within communities to ensure the needs of sexual and gender minority youth are recognized and competently met.

Dr. Paul Weigle to present at the Webb School's Breakfast Series on March 6th

The Grace Webb School's Breakfast Series Workshop will be held on Wednesday, March 6, 2013 from 7:45AM-10:00AM in the Hartford Room of the Commons Building at the IOL. Dr. Paul Weigle will be discussing the mental health effects of playing with video games. Click here to view the flyer and for registration information.
February 2013:

Anxiety Disorders Center/Center for Cognitive Behavioral Therapy News

An IOL research study investigating transcranial magnetic stimulation (TMS) in the treatment of generalized anxiety disorder (GAD) was featured in an article appearing in the New England Psychologist. View the article here http://www.nepsy.com/articles/leading-stories/clinical-trial-for-gad-treatment-underway/. This study is currently enrolling. For more information please contact Laura Bragdon, M.A. at (860) 545-7386.

Behavioral Health Network’s commercial to air on PBS during their Sandy Hook Series

One of the first official advertisements this year, on behalf of the Behavioral Health Network (BHN), which includes Natchaug, Rushford, IOL, HOCC and MidState, is scheduled to air on PBS during their upcoming series, “After Newtown”. PBS has announced plans to broadcast the weeklong series of documentaries and news specials surrounding the Sandy Hook Elementary shooting, "After Newtown," from Monday, February 18th, thru Friday, February 22nd. One of those specials, a psychological profile of the Sandy Hook gunman, Adam Lanza, was created by Frontline in collaboration with The Hartford Courant. When presented with the opportunity to create a TV commercial that would air during this series, the BHN was delighted to have the chance to showcase the BHN and the entities who comprise it. View the BHN's 30-second commercial here https://www.dropbox.com/s/ob1jj07puybus17/HHCBHN_30HD_v1.mov.
Hartford HealthCare Research News – January/February 2013 Issue


January 2013:

Dr. Laura Saunders to start a monthly radio appearance on January 30th

Laura M. I. Saunders, Psy.D. ABPP, a board-certified clinical psychologist in Child & Adolescent Services at the IOL/HH will be starting a monthly segment on The Mary Jones Show (http://www.maryjonesshow.com) on WDRC 1360am. The first segment is Wednesday, January 30th at 5PM. Mary Jones is a well known AM radio personality who has just gotten a new time slot - from 3PM to 6PM. Dr. Saunders got to know Ms. Jones after doing several radio interviews following the Sandy Hook tragedy. The focus of her segment will be psychoeducational, addressing developmental milestones, and parenting issues. Dr. Saunders will share some basic research findings and highlight some strategies to improve the quality of family life. The first topic will be: The Psychological Benefits of the Family Dinner. The allotted day/time of her segment is scheduled to be the last Wednesday of each month around 5PM.

IOL holds seminar on "Assessing Dangerousness" on January 18th

Each month at The Institute of Living, the child psychiatry Fellows meet with local psychiatrists, psychologists, attorneys, and judges for a seminar on forensic issues, with emphasis on the areas where psychiatry and the law intersect. This month’s scheduled topic was “Assessing Dangerousness”. In light of the recent tragedy in Newtown and the current national debate, the scope of the class held on January 18th was expanded to include additional members of the community. The panel members included Dr. Harold I. Schwartz (Psychiatrist-In-Chief at the IOL, who was recently named to Governor Malloy’s Sandy Hook Advisory Commission), The Honorable Robert Killian, Jr. (Hartford Probate Court), Rosemary
Drs. Schwartz and Bentman of The Institute of Living to serve on the Governor's Sandy Hook Advisory Commission

In the wake of the tragic mass shootings at an elementary school in Sandy Hook (Newtown), Connecticut, in which 26 students and teachers were murdered, Governor Dannel P. Malloy has appointed a commission to look into the issues of gun control, school safety, and mental health that touch on this tragedy. Dr. Harold I. Schwartz, Psychiatrist-in-Chief and Vice-President, Behavioral Health and Dr. Adrienne Bentman, Director of the Psychiatric Residency Program have both been appointed to serve on this critically important 16 member commission. The commission is expected to have an interim report by March 15th, in time to impact legislation in the current legislative session. A final report is expected to be issued in December, 2013.

Cognitive-Behavioral Therapy Internship Track at The Institute of Living

The Anxiety Disorders Center is pleased to announce the addition of a Cognitive-Behavioral Therapy Track to the pre-existing APA-Accredited Predoctoral Internship at The Institute of Living. The CBT Track will be a one-year specialty track and is scheduled to begin September 2013. The track features a year-long part-time rotation at the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy (ADC/CCBT; David F. Tolin, Ph.D., director) as well as additional rotations and electives with other departments including adult or adolescent inpatient services, young adult services, health psychology, schizophrenia rehabilitation, clinical neuropsychology, and clinical health psychology. The CBT Track will provide general training in Clinical Psychology with a focus on cognitive-behavioral therapy and evidence-based practice. Accordingly, training will focus on a practical integration of psychological science and practice. The track will serve as an integrated extension of the current internship and will promote the IOL’s exceptional potential to serve as a national leader in education and training.

Inpatient Psychiatric Nursing: Clinical Practices and Practical Interventions won 2nd place AJN Book of the Year Award

Co-authors Ellen Blair, Karen Larsen, and Cynthia Belonick, who contributed two chapters to the textbook Inpatient: Psychiatric Nursing: Clinical Practices and Practical Interventions,
we recently informed that the book won the second place American Journal of Nursing’s Book of the Year award in the Psychiatric-Mental Health Nursing category.

**APA Presentations**

IOL researchers will make six presentations at the annual meeting of the American Psychiatric Association. The meeting will take place in San Francisco, CA from May 18-22, 2013. The titles and dates of these presentations are listed below.

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<th>Title</th>
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<tr>
<td>Risk Factors for Post Discharge Suicidality Among Child and Adolescent Psychiatric Inpatients</td>
<td>Sunday, 5/19/13</td>
<td>10AM - 11:30AM</td>
<td>Moscone North Exhibit Level, Room 123</td>
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<td>Woolley SB, Goethe JW</td>
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<td>Changes in Psychotropic Prescription during Hospitalization of Depressed Patients Correlated with Innate CYP2D6 Function</td>
<td>Sunday, 5/19/13</td>
<td>12:30PM - 2PM</td>
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<td>Course of Illness Over 12 Months in Patients with Major Depressive Disorder</td>
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<td>Szarek BL, Goethe JW, Woolley SB</td>
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<td>Effectiveness of Transcranial Magnetic Stimulation (TMS) for Anxious Depression</td>
<td>Wednesday, 5/22/13</td>
<td>9AM - 10:30AM</td>
<td>Moscone South Esplanade Level, Room 301</td>
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<td>Difenbach G, Goethe JW</td>
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<td>Changes in Pharmacotherapy in Severe Major Depressive Disorder: A 12-Month Study of Physician and Patient Treatment Decisions</td>
<td>Wednesday, 5/22/13</td>
<td>9AM - 10:30AM</td>
<td>Moscone South Esplanade Level, Room 301</td>
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<td>Goethe JW, Szarek BL, Woolley SB</td>
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<td>Data Available on Admission Predict 30-day Readmission in Psychiatric Inpatients</td>
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