

In TOUCH with the

Department of Psychiatry

Volume Three

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Center for Mental Health Outreach Collaboration in Montgomery County

On December 1, 2004, Montgomery County, Maryland Executive Douglas M. Duncan, then County Council President Steven Silverman and Council member George L. Leventhal announced a major initiative in health care coverage for uninsured Montgomery County residents. Developed by the County's Department of Health and Human Services (DHHS) and the Primary Care Coalition, Inc. of Montgomery County (PCC), the goal of "Montgomery Cares" is to expand the number of individuals with mental health problems being served through a network of private health clinics



Dr. Stacey Kaltman (left) and family support worker, Rosa Bowers at Proyecto Salud

over the next four years. Funding included a provision for behavioral health services. Dr. Carol Alter, director for policy and outreach for the Center for Mental Health Outreach (CMHO), and GU Assistant Professor Stacey Kaltman, Ph.D., worked alongside the DHHS and PCC to design the Behavioral Health Implementation Project (BHIP) which has been piloted in Proyecto Salud (Wheaton, MD) since December, 2005. October, 2006 marks the expansion of the BHIP to a second PCC clinic, Holy Cross Hospital—Health Center in Silver Spring. Based on a collaborative care model, the BHIP provides mental health services that include: direct clinical care, medication management, psychotherapy, psycho-education and supportive community connections. The CMHO is also assisting with the overall program evaluation.

Georgetown University Adolescent Health Program

From March 2003, to June 2006, the Georgetown University Adolescent Health Program, under the direction of Principal Investigator, Michael Mason, Ph.D. (former GU Assistant Professor and currently Assistant Professor at Villanova University) provided outpatient evidenced-based substance abuse treatment for the underserved in the District of Columbia. The program was made possible by a three-year grant provided by the Substance Abuse and Mental Health Services Administration. The five session treatment, which included motivational enhancement therapy and cognitive behavioral therapy, was based on the premise that teens are most likely to change when motivation comes from themselves, rather than being imposed by an adult, parent or therapist. One hundred urban adolescents were enrolled and followed for 12 months. Outcomes as of July 2006, indicated that: 39 % of adolescents reported being abstinent from alcohol and drugs for three months post treatment; 48 % reported being abstinent from alcohol and drugs at six months post treatment; and, 39 % of adolescents reported being abstinent from alcohol and drugs at 12 months.

New Rotations Added to Psychiatry Residency Program

Dr. Alan Newman, the Department of Psychiatry's director of residency training, has added three new rotations for residents this academic year. These exciting educational opportunities are in forensics, geriatrics and substance abuse. The forensic rotation takes place at St. Elizabeths Hospital under the direction of Dr. Alan Abrams, Associate Director for Psychiatric Training and Fellowship at St. Elizabeths. Dr. Deborah Dallum supervises the geriatrics rotation at the Washington DC Veterans Affairs Medical Center (VA). Residents train in substance abuse at the Kolmac Clinic with co-founder/medical director, Dr. George Kolodner.

2nd Biennial Schizophrenia Conference, October 26

Novel and Emerging Strategies for
Treating and Understanding Schizophrenia

- Daniel Weinberger, M.D. Chief, Brain Disorders Branch, Intramural Research Program, NIMH
- Nina Schooler, Ph.D. Sr. Psychiatric Neuroscientist, GUMC
- Stephen Deutsch, M.D., Ph.D. Associate Chief of Staff Mental Health, Washington DC VA Medical Center

REGISTER TODAY

<http://schizophrenia.capitalcityevents.net/>

Department News

- Bonnie Green, Ph.D., has been appointed Associate Dean for Faculty Development in the Office of Faculty Affairs, School of Medicine. This is a newly created, part-time position to assist with faculty development programs. Dr. Green joined the faculty at GUMC in 1990 as Professor of Psychiatry, Director of Research, and Director of Trauma Studies in the School of Medicine. At Georgetown, she has studied the psychological and physical health effects of trauma and violence, and treatments for depression and PTSD. She is currently P.I. and Director of The Georgetown Center for Trauma and the Community, an NIMH-funded developing center that aims to develop mental health treatments for primary care settings that serve low-income patients.
- Avram Mack, M.D., received the Junior Faculty Development award at the Association for Academic Psychiatry conference in September. He will also attend the Alcohol Medical Scholars Program where he will be honored as one of five new scholars for the next two years.
- Maheen Patel, M.D., joined the department in August. She will provide: outpatient psychiatric assessments, pharmacologic treatment, teaching and supervision to residents and students. She completed her residency at GUH where she did a forensic psychiatry rotation at St. Elizabeths Hospital. Dr. Patel will present at a symposium on her forensic work at the upcoming American College of Forensic Psychiatry annual meeting.

Psychiatry Grand Rounds and Other Programs (*open to the public)

- *Oct. 26, GUH Department of Psychiatry 2nd Biennial Schizophrenia Conference, Grand Hyatt Hotel, Washington, DC
- Nov. 9, Alan Abrams, M.D., Case Conference
- *Nov. 16, Elspeth Cameron Ritchie, M.D., Combat Psychiatry from the Battle Front to the Home Front and Back Again
- *Dec. 12, Marcia Cecilia Zea, Ph.D., Gay Men's Experience with Heterosexual Men
- Dec. 21, Wendy Zack, LICSW, Case Conference

For more information about
the department:
www.georgetownuniversityhospital.org/body.cfm?id=512
Georgetown Center for
Trauma in the Community:
<http://ctc.georgetown.edu>

The Center For Mental Health Outreach is dedicated to improving mental health care for the underserved in the Nation's Capital

Please contact for additional information and donations.

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