



2020

Department of Psychiatry

Annual Holiday Letter

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Dear Colleagues and Friends:

We are delighted to share our annual newsletter that offers the opportunity to recognize our achievements of the past year and most importantly, pay tribute to the people whose dedication, ingenuity, and leadership are responsible for our endurance as well as the advancements that have continued despite the current challenges.

We are persevering as we contend with the pandemic and the resulting societal and economic disruptions at home and abroad. We are responding with compassion and love to dedicate ourselves to eliminating the heartbreaking injustices that persist and have escalated against people of color and minority groups. Although we are living in a nation that is divided, we remain a community that is united. Grounded by our shared values and empowered by resilience, we are committed to work together to advance the mission of our august institution among colleagues who we respect and in the city that we treasure.

I am deeply grateful to our community and how we responded – and continue to respond - to the challenges of the year. Our faculty, staff, and trainees have all contributed to the institution’s response to the pandemic by embracing redeployments, caring for our critically ill patients, and developing interventions to respond to new clinical challenges in our COVID-impacted population. Over 100 of our faculty and trainees contributed to the effort to support the mental health needs of our workforce. These accomplishments are taking place in the context of societal disruptions including but not limited to school closures and childcare pressures, personal and family illness, separation from loved ones, and the interruption to our rituals of joy and recreation that refresh and renew us.

It is an honor and privilege to lead a department of such dedicated, compassionate, and thoughtful professionals. As we prepare ourselves for the dissemination of the vaccine in the coming weeks and months, we look forward with hope to a promising future with newly acquired wisdom, improvements in our ability to deliver services across new platforms, and confidence in our abilities to meet challenges and advance our field.

I would like to express my gratitude to the following institutional leaders for their support of our department and their response to the challenges of the current moment. From the Medical College: **Augustine Choi, M.D.**, Dean and Provost; **Steven Cohen**, Executive Vice Provost; **Barbara Hempstead, M.D., Ph.D.**, Dean of the Graduate School; **Katherine A. Hajjar, M.D.**, Senior Associate Dean, Faculty; **Hugh Hemmings, M.D., Ph.D.**; Senior Associate Dean, Research; **Said Ibrahim, M.D.**, Senior Associate Dean, Diversity and Inclusion; **Yoon Kang, M.D.**, Senior Associate Dean, Medical Education; **Rainu Kaushal, M.D., MPH.**, Senior Associate Dean, Clinical Research; **Michael Stewart, M.D., MPH**, Senior Associate Dean, International Affairs and Affiliations, Interim Senior Associate Dean, Clinical Affairs; **Thomas Stokes**, COO and CFO, Physician Organization; **Robert Min, M.D., MBA**, President and CEO, Physician Organization.

From the Hospital: **Steven Corwin, M.D.**, President and CEO; **Laura Forese, M.D., MPH**, Executive Vice President and COO; **Katherine Heilpern, M.D.**, Group SVP and COO NYP/Weill Cornell; and **Herbert Pardes, M.D.**, Vice-Chair, Board of Trustees.

Best wishes for a happy holiday season and New Year!

Francis Lee, M.D., Ph.D.
Chair and Psychiatrist-in-Chief



Response to COVID-19

CopeNYP: Supporting our Workforce During COVID-19

CopeNYP is an initiative launched by WCM's Department of Psychiatry in the early days of the pandemic to assist employees of NYP and WCM, who were impacted by the sustained stressors that were a result of COVID-19. Staffed by almost 100 clinical volunteers from the department, the program offered both individual and group-based interventions to our workforce. The Liaison Program developed by **JoAnn Difede, Ph.D.**, Director of Weill Cornell Medicine's Program for Anxiety and Traumatic Stress Studies, was launched to provide psychological support tailored to the specific needs of our clinical teams. A faculty liaison was assigned to teams across NYP and Weill Cornell-affiliated programs. As new clinical teams were forming with re-deployed physicians and staff, liaisons were assigned to support them. At the height of the pandemic in the spring, Dr. Difede led a team of 60 clinicians providing virtual group town hall meetings and decompression sessions to teams across the enterprise. More than 1,000 group sessions were provided attended by over 6,000 employees.

Under the leadership of **Faith Gunning, Ph.D.**, we also launched an urgent counseling service that provides access to confidential, virtual individual supportive therapy to all employees. Participants receive emotional support and practical strategies to enhance their coping skills, with follow-up as needed. The service also facilitates referral to longer term and specialty care when indicated. From late March to December, the program treated over 410 individuals and provided almost 1,000 sessions.

A third element to the CopeNYP initiative was the development and dissemination of the Psychiatric Symptom Tracking and Resources for Treatment Symptom Tracker (SMART) by **Conor Liston, M.D., Ph.D.**, Director of the Sackler Institute. SMART is an easy-to-use self-assessment tool that allows the workforce to track their mental health symptoms and connects them to services when self-assessment reveals high acuity. In addition, it facilitated an opportunity for an attitudinal shift in how our healthcare workers viewed maintaining their own mental health (comparable to maintaining one's physical health). To date, more than 2,500 healthcare workers at NYP and WCM have been using the Symptom Tracker.

In June, CopeNYP was one of two programs in the nation recognized by the Foundation of the American Psychiatric Association with an award for its innovative approach to supporting the needs of the healthcare workforce.

Thank you to all the clinicians who continue to contribute to this important effort. I could not be prouder of you and your generosity of spirit.



CopeNYP utilized NYP's virtual online telehealth platform OnDemand

Response to COVID-19

Impacts and Innovations as a result of COVID-19

At the height of New York City's COVID-19 surge in the spring, the Consultation-Liaison Psychiatry Service, under the leadership of Service Chief **Anna Dickerman, M.D.**, collaborated with inpatient neuropsychologist **Abhishek Jaywant, Ph.D.**, in assessing and treating acutely ill patients on a novel, hybrid inpatient medicine-rehabilitation unit for COVID-19 survivors. Dr. Jaywant and postdoctoral fellow **Michael Vanderlind, Ph.D.** conducted neuropsychological assessments and implemented individual and group cognitive-behavioral interventions. The consultation-liaison service provided medication management and additional liaison support. Together, they have cared for over 100 COVID-19 patients and have published their collaborative treatment approach in General Hospital Psychiatry.



Annie Li, M.D.

In April and May of 2020, a team led by **Faith Gunning, Ph.D.**, **Dora Kanellopoulos, Ph.D.**, and **Abhishek Jaywant, Ph.D.** recognized the growing number of COVID-19 survivors who were experiencing cognitive and psychological aftereffects of COVID-19-related-illness; however, many of these survivors could not afford psychological care. Several clinical psychologists, many with a specialty in neuropsychology, volunteered to provide psychological interventions for these patients.

Very little is known about the long-term psychiatric effects of COVID-19 on survivors. Based on their understanding of the literature of past pandemics, ICU survivors, patients with sudden medical illness, and those with pulmonary complications, Dr. Kanellopoulos was concerned that without psychological triage early on, these patients would be at risk of further adversity related to ongoing psychiatric symptoms. With the support of

the Department of Psychiatry, Dr. Kanellopoulos formulated a behaviorally based psychotherapeutic treatment that, where appropriate, began during inpatient rehabilitation stays and continued to treat survivor psychiatric symptoms while they transitioned back to their communities. The main treatment targets were symptoms of anxiety, depression and adjustment difficulties combined with adherence enhancement techniques aimed at reducing the risk of worsening outcomes. To date, they have treated over 100 inpatient and 25 outpatient COVID-19 survivors.

Advancing Diversity, Inclusion, & Equity

We acknowledge the important contributions of **Jess Zonana, M.D.**, the Department of Psychiatry's Diversity Liaison, who is dedicated to advancing the institution's and department's efforts related to diversity and inclusion. We congratulate Dr. Zonana on her receipt of the The Bruce Laine Ballard, M.D. Award for Excellence in Mentorship, one of WCM's 2020 Pioneers in Diversity Awards.

The COVID-19 pandemic and national demonstrations against police violence underscored the need to address institutional racism and to work toward our mission of diversity, inclusion, and equity at all levels. To that end, Psychiatry leadership held a faculty town hall in September 2020 to address the department's status and plans to grow these efforts.

Ben Huang, Ph.D., an Instructor of Neuroscience in the Psychiatry Department and at the Brain and Mind Research Institute, co-founded the Anti-Discrimination Committee at the WCM Postdoc Association and the SOS Social Justice Working Group at the WCGS Social Justice & Anti-Racism Task Force. The mission of the Anti-Discrimination Committee is to combat various forms of discrimination through advocacy/education efforts, while the SOS Social Justice Group aims to provide safe spaces and open dialogue opportunities for the community to voice and discuss issues and experiences of racism and discrimination. In addition, Dr. Huang is also organizing the Frontiers of Neuropsychiatry Seminar Series (FINS), which features early-career neuroscientists from all backgrounds across the world, aiming to highlight not only pioneering scientific work but also the unique challenges of social injustice and discrimination confronted by individual speakers during their personal and scientific journeys.

The Psychiatry Diversity Council's curriculum committee is developing several new teaching and training activities related to health equity, racism, and culturally responsive care, while continuing to review and expand the curricula for both our Adult and Child & Adolescent training programs. They are hosting a new series of Diversity Reading and Discussion starting in Fall 2020, open to trainees, faculty, and staff. **Stephanie Cherestal, Ph.D.**, has also been hosting a Diversity/Inclusion discussion group for Ambulatory Services at the Westchester Behavioral Health Center.

The psychiatry residents launched a Resident Committee on Diversity & Inclusion (RCDI) in 2020. They are hosting resident Lunch & Learn Discussions on Race, Racism, and Effecting Meaningful Change and participating in curriculum development.

Jack Keefe, Ph.D., was awarded the 2020 WCM Dean's Diversity & Healthcare Disparity Research Award. The Weill Cornell Wellness Qlinic, our free student-run LGBTQ+ mental health clinic, transitioned to 100% telehealth in March 2020 and has had wonderful participation from all disciplines within the department. This program was the recipient of the 2020 APA Helping Hands Grant as well as the 2020 AAMC NEXT Award. You can follow them @ WCMWQlinic on Twitter or @wcmwqlinic on Instagram.



Jess Zonana, M.D.

Advancing Clinical Care

Telehealth

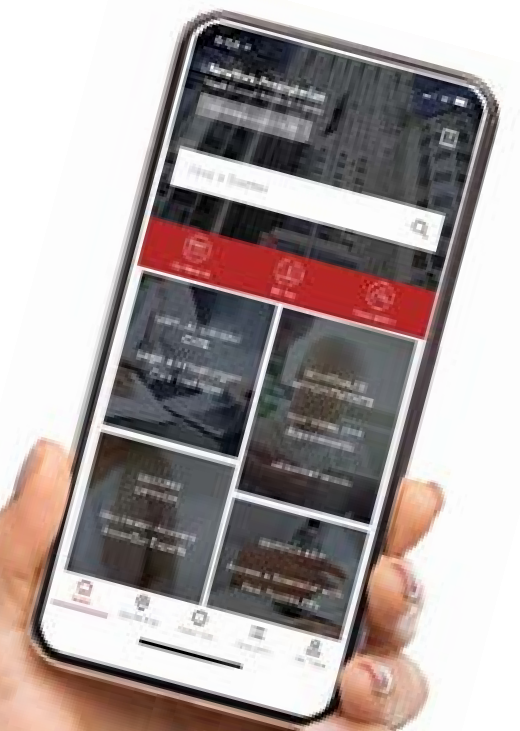
This past year we experienced the rapid transition of our outpatient services to telehealth due to the pandemic. Over 100 clinicians across psychiatry's faculty practice plan and most of the hospital's ambulatory services pivoted within one week in March to remote service delivery. Several months into the pandemic, we continue to delivery most our outpatient services remotely. Although we are increasing our in-person service delivery now and in the future, telepsychiatry is here to stay. Benefits of telepsychiatry include improved access and a significant decrease in no-show rates that have traditionally been a challenge in psychiatry. Although remote service delivery is not indicated for every patient all the time, the acceleration of telepsychiatry into our outpatient practice is ultimately a positive development toward improving access. We look forward to the opportunity in the coming months to understand how to incorporate telepsychiatry and to study its effect on outcomes. The future of this practice will naturally be impacted by the decisions of our external regulatory agencies and commercial insurers.

NYP Telepsychiatry Program

NYP leadership has understood the potential of telehealth technology to advance care and to that end had made significant investments in telepsychiatry starting before the pandemic. The NYP Telepsychiatry Service was officially launched in 2019 under the leadership of **Lisa Sombrotto, M.D.**, and the program's Service Chief, **Christina Shayeveitz, M.D.** to provide psychiatric consultation to the emergency services and medical units of NYP's regional hospitals. The program initially provided services to NYP Lower Manhattan and NYP Queens. More recently the program expanded to include a superb team of five psychiatrists and two physician assistants who are now also providing psychiatric consultations to NYP Lawrence Hospital and NYP Hudson Valley. The program has been a resounding success and is providing access to specialized psychiatric care in all NYP inpatient and emergency services.

Imagine Program

This year NYP in collaboration with WCM and Columbia Doctors launched an important multi-year initiative called Imagine that aims to transform services delivery across the institution. The initiative's goals are to improve consumer and provider experience, enhance patient engagement, and improve quality outcomes and access. Leveraging the strength of our three great institutions, clinical advancements, and technology, the project sets forth a vision and roadmap to transform patient care and the patient experience. Beginning with a focus on services for women, the department looks forward to embracing the positive changes ahead and supporting this effort to contribute to its success.



NYP Telehealth Platform

Advancing Clinical Care

EPIC Together

EPIC Together is a critical institutional strategic initiative that aims to align clinical and health IT operations across NYP, WCM, and Columbia. WCM successfully went live with EPIC in October after Columbia's go-live in February. A single electronic medical record will contribute to the improvement of patient outcomes and satisfaction, increased practice efficiency and provider satisfaction, and reduce redundancy.

This was a tremendous effort many months in the making. We are very grateful to our community for their effort and support with this transition. Our success would not have been possible without the hours of effort and thoughtful leadership of **Lisa Sombrotto, M.D.** and **Jason Kim, M.D.**

In addition, we are grateful for the following crucial contributors: **Charles Shaffer, M.D.** and **Robert Kelly, M.D.**, who along with Dr. Kim served as Specialist Trainers.

And we also thank our Psychiatry Super User group who were critical to this project's success:

Weill Cornell Medicine

David Brda, M.D.

Helen Ding, M.D.

Daniel Knoepfmacher, M.D.

Jessica Spellun, M.D.

Geraldine White

Janet Chen, M.D.

Andrew Edelstein, M.D.

Michael McIntosh, M.D.

Jessica Zonana, M.D.

Stephanie Cherestal, Ph.D.

David Heekin, M.D.

Alexandra Roesler Martins, M.D.

Brita Kube

NewYork-Presbyterian

Jennifer Jolley, NP

Marcy Kopakin

Lauren Tinaglia

Daniel Alegria

Keri Watson

Janet Harvey

Maura Lehr, MSW

Olita Day, MSW

Pam Iodice

Abigail Benudis, M.D.

Lisa Berey

Stephanie Zingler

Dhara Joshi

Jaleesa Payne

Heather Neuhs

Cathie Bookless, MSW

Michele Glotzer, MSW

Sharon Sohl

Jacquelyn Smith

Debra Faecher

Ariel Contreras

Janessa Echevarria

Janny Chong

Jennifer Jolley, NP

Ying He, MSW

Amanda Rinaldi, MSW

Alberta Woody

Advancing Clinical Care

Child & Adolescent Psychiatry

It has been a productive year for the Division of Child and Adolescent Psychiatry. Under the leadership of **Justin Mohatt, M.D.**, Vice Chair for Child and Adolescent Psychiatry, the division has been expanding existing programs and launching novel initiatives.

A top priority for the division is to advance integrated models of care with the department of pediatrics. **Janet Chen, M.D.**, has been engaged in this effort on the ambulatory services side with WCM pediatrician **Cori Green, M.D.** Drs. Chen and Green received a grant from the Cardinal Health Foundation to support their Zero Suicide Initiative. Inpatient integration efforts are underway under the leadership of **Susan Samuels, M.D.**, who developed a proactive consultation model in collaboration with **Corinne Catarozoli, Ph.D.**, to bridge inpatient pediatric C-L and the medical subspecialty clinics.



Chaya Fridman, Ph.D.

During the COVID-19 surge in the spring, the Child Division addressed increasing mental health concerns and challenges by quickly mobilizing to develop and launch a free crisis counseling service in the primary care setting called Youth CopeNYP. The program connects our most disadvantaged patients to crisis mental health services. The program, developed by Drs. Mohatt and Catarozoli, staffed by over 20 NYP and WCM clinicians who volunteer their time and offers free time-limited, virtual sessions for parents, children, and adolescents.

We congratulate **Rebecca Rendleman, M.D.**, who was promoted to Associate Professor of Clinical Psychiatry this past year, and thank her for working tirelessly to cover our child services throughout months impacted by faculty vacancies.

Center of Excellence

Shannon Bennett, Ph.D., and **Justin Mohatt, MD** continue their work with the Tourette Association of America and participation in a consortium that designated WCM a Tourette Center of Excellence. The program engages in needed outreach to the Tourette community with education and support that has increased during these trying times. They also published the research agenda from the TTT Summit.

Advancing Clinical Care

The **Pediatric OCD, Anxiety and Tic Disorders Program (POCAT)** continues to grow under **Avital Falk, Ph.D.**, director of the program, and her team of postdoctoral fellows, **Rachel Goldman, Ph.D.** and **Abby Bailin, Ph.D.** The program has expanded to include greater access to insurance-based care. Caregiver and parenting services have also expanded to supplement the existing outpatient treatment and the Intensive Treatment Program (ITP).

POCAT now offers a full spectrum of specialized OCD and anxiety services and provides a team-based approach to treating children and adolescents utilizing state-of-the-art evidence-based practices.

POCAT has been operating fully virtually since March, and have worked to meet the needs of the patients and community. They have been able to offer all services via telehealth, and additionally have provided webinars to the larger community about how to manage pediatric anxiety in the context of these challenging times.



Avital Falk, Ph.D.

The Division of Child and Adolescent Psychiatry also welcomed back **Sudy Givrad, M.D.** who has joined the faculty after several years at Stanford School of Medicine following completion of her child and adolescent psychiatry fellowship training at NYP. She is leading development of our Perinatal Psychiatry Program in conjunction with **Alison Hermann, M.D.**, who heads the Women's Psychiatry Program. An expansion of perinatal and women's services is a top priority for the department given the opening of the Cohen Hospital for Women and Newborns and the institution's investment in the IMAGINE initiative.

Advancing Clinical Care

Youth Anxiety Center

In response to the new and sustained stressors youth and their families are facing due to the challenges related to the pandemic, the Weill Cornell site of the NYP Youth Anxiety Center, led by **Shannon Bennett, Ph.D.**, developed a series of free webinars for young adults and their parents to offer skills and guidance for families to cope with the challenges specific to youth in this transitional life stage. The webinars address topics such as staying connected during social distancing, accepting reality and making meaning, and managing election anxiety with civic engagement.



Saks Fifth Avenue mural by Fountain House Gallery

Earlier this year, the NYP Youth Anxiety Center was proud to partner with the Saks Fifth Avenue Foundation with the release of a special mural in the Saks Fifth Avenue windows dedicated to mental health awareness.



We pay tribute to **Lisa Sombrotto, M.D.**, whose gifted and creative leadership contributes to the advancement of our clinical programs and to the institution's quality efforts.

In addition to her role as Clinical Director of NYP/Weill Cornell Psychiatry programs and her role as the Quality Patient Safety Officer for NYP, this past year Dr. Sombrotto was appointed to the role of Interim Director of the Consultation Liaison service. In a short period, and in collaboration with the CL Service Chief **Anna Dickerman, M.D.**, Dr. Sombrotto has developed a new staffing model for the service and expanded the team with the recruitment of a psychiatry nurse practitioner. It is thanks to Dr. Sombrotto's vision and leadership that the NYP Telepsychiatry initiative advanced so successfully and she has also been a major contributor to EPIC Together.

Dr. Sombrotto's mission-driven and patient-centered approach elevates every initiative that she contributes to and she graciously embraces new roles and challenges that contribute greatly to the advancement of our programs.

NewYork-Presbyterian Westchester Behavioral Health Center

Our NYP WBHC is one of the nation's top behavioral health programs in the country with an array of inpatient and outpatient programs providing high-quality care across the lifespan. The program and the department benefit from the gifted leadership of **Philip Wilner, M.D., MBA**, Senior Vice President and COO of NYP WBHC and Executive Vice Chair, Weill Cornell Psychiatry.

In the early days of the pandemic, when our understanding of COVID-19 was still developing and we were rationing limited supplies of PPE, the faculty and staff of the NYP WBHC quickly adapted to new realities to care for our patients. We commend them for their heroism and their dedication.



We are grateful to **Mark Russ, M.D.**, NYP WBHC's Medical Director, for his steadfast leadership. We also acknowledge **Sharon Parish, M.D.**, Chief of the Medicine Service, who did an outstanding job developing protocols to keep our community safe and whose expertise is critical to provision of excellent medical care to our patients. We thank **Sidney Gutstein, M.D.**, who worked diligently through the crisis until his retirement in November.

We extend our gratitude to **Linda Espinosa, RN**, Vice President and Chief Nursing Officer, and patient care services team, nurses, mental health workers, social workers, and psychosocial rehab specialists. A special shout-out to our Environmental Services team, led by Jocelyn Fuller, VP for Support Services and Patricia King, Director of Support Services at WBHC. The men and women on that team worked tirelessly to keep our hospital spaces clean and infection-free. We thank them for their heroism on the front-line during the COVID pandemic and devotion to our patients and staff.

Another leader who we must acknowledge is **Ruth Mendelowitz, MSW**, Director of the ACCESS service, for coordinating bed transfers during a period of limited inpatient bed capacity across the psychiatric service line due to COVID.

Our inpatient unit at NYP Weill Cornell Medicine was relocated to NYP WBHC during the spring surge to create inpatient capacity for our COVID patients. This unit will remain in Westchester until the fall 2021 as the hospital makes investments to the unit's infrastructure to create a sub-unit capable of treating psychiatric patients with medical co-morbidities, a rapidly growing population in our medical center.

The Center for Autism and the Developing Brain

After an extensive national search, we were delighted to welcome **Stephen Kanne, Ph.D.**, as the Director of CADB in August. Dr. Kanne joined us from the University of Missouri where he was Professor in the Department of Health Psychology and Executive Director of the Thompson Center for Autism and Neurodevelopmental Disorders. Dr. Kanne is a board certified in neuropsychology and his career has been devoted to the advancing the field of autism spectrum disorders (ASD). He has extensive leadership experience running prominent clinical programs and has published in the areas of cognitive neuropsychology, history of neuropsychology, and pediatric traumatic brain injury. Dr. Kanne is the PI of a grant looking at eye tracking technology to better screen for autism and is the Co-PI on a grant exploring a new measure designed to assess social communication skills.



Stephen Kanne, Ph.D.

Dr. Kanne is introducing the "Global ADOS-2 Interactive Network" known as GAIN virtual learning platform to CADB. This professional development program connects autism experts across the nation with the goals to increase the number of qualified diagnosticians to promote access, reduce barriers to assessment for patients and families, and to foster learning by providing a means to build global networks of experts learning from each other.

Dr. Kanne has expanded the CADB team with new talent as he begins to build capacity to see more patients. Like many other services, CADB had to quickly transition to telehealth and alternative means to maintain clinical provision of services during COVID and he has established new protocols to bring patients, their families, and staff back safely.



So Hyun "Sophy" Kim, Ph.D.

One of Dr. Kanne's first actions was to establish a CADB Research Core to support and expand research at CADB and expand and support cross campus collaborations. To lead this effort, Dr. Kanne has appointed **So Hyun "Sophy" Kim, Ph.D.**, to Research Director at CADB. Dr. Kim is accomplished clinical scientist who continues her NIMH-supported investigation of the mechanisms of treatment for autism spectrum disorders (ASD). The goal of the study is to inform the development and dissemination of cost-effective and personalized treatment models. Dr. Kim has received a new grant to lead a study to examine the validity of the Brief Observation of Symptoms of Autism (BOSA), a new diagnostic instrument designed to fill in the gap during the COVID-19 restrictions.

We thank **Jeremy Veenstra-VanderWeele, M.D.**, who has been serving as CADB's Interim Director and for continuing to serve as Interim Medical Director at CADB.

Advancing Digital Innovations

Investment in the advancement of digital technology to promote mental health is an important strategic initiative for the department of Psychiatry.

Avital Falk, Ph.D., Faith Gunning, Ph.D., and Matt Scult, Ph.D., continue to develop and test Maya, a mobile app that delivers cognitive behavioral therapy to young adults struggling with anxiety. This is part of the NYP Youth Anxiety Center's digital therapeutics initiative. Preliminary testing has shown that young adults with anxiety significantly benefited from use of the app. The team continues to test how to keep youth engaged, and how to tailor the app to individual symptom profiles. The Maya team released a version of the app to the WCM graduate and medical students to assist with the stressors related to the pandemic. The goal is to continue to adapt the app to meet the needs of our communities.

Dimitris Kiosses, Ph.D., and his team continue to develop their WellPATH app, an emotion regulation tool designed for use with tablets that can be used outside of the therapist's office during periods of stress. Tablet or smartphone-delivered interventions are increasingly important in the face of the recent push toward virtual healthcare.

Faith Gunning, Ph.D., and her collaborators developed a cognitive remediation game for older adults with depression with a goal to alleviate mood symptoms and lessen cognitive weaknesses that can occur in some patients with depression. The game requires players to be aware of and react to different streams of information simultaneously, which provides a stimulating workout for their executive function. "It's a fun and engaging game that looks like a video game, but it's designed based on neuroscience principles," Dr. Gunning says.



Maya CBT app

JoAnn Difede, Ph.D., director of the Program for Anxiety and Traumatic Stress Studies (PATSS), continues her use of virtual reality (VR) to treat post-traumatic stress disorder. She is also a scientific advisory board member for Pear Therapeutics, which is developing prescription digital therapeutics to treat patients suffering from a range of serious diseases, including depression.

Co-founders **Alison Hermann, M.D.,** assistant professor of clinical psychiatry, and **Jyotishman Pathak, Ph.D.,** the Frances and John L. Loeb Professor of Medical Informatics and chief of the division in the Department of Healthcare Policy and Research, are the investigators behind Iris, a startup that spun out of WCM and won the \$75,000 first prize in the 2019 Biomedical Business Plan Challenge sponsored by WCM's BioVenture eLab. The project aims to take advantage of recent advances in artificial intelligence and big data to address a pressing clinical issue: while more than 1.5 million women suffer from depression or anxiety connected with pregnancy and childbirth, it can be difficult to know which mothers need help before their symptoms become severe. The digital health platform that Iris is developing can flag pregnant and new mothers whose self-reported symptoms and medical history indicate a higher risk of mental health issues.

Our Institutes, Research, & Academic Programs

Sackler Institute for Developmental Psychobiology

Conor Liston, M.D., Ph.D., Director of the Sackler Institute for Developmental Psychobiology, is thrilled to announce the recruitment of two new faculty to our department. **Jonathan Power, M.D., Ph.D.** graduated from our psychiatry residency training program and joined our faculty as an Assistant Professor of Psychiatry in June. Dr. Power is already an internationally recognized expert in neuroimaging research and will be building a research program aimed at understanding the neurobiological basis of mood state transitions, particularly in the peripartum period, as well as developing new fMRI tools for studying these questions. **Logan Grosenick, Ph.D.** is a world-class computational neuroscientist who trained in the Stanford University laboratory of Dr. Karl Deisseroth and joined our faculty as an Assistant Professor of Neuroscience in Psychiatry in November. His research program will investigate the circuit-level mechanisms mediating the antidepressant effects of transcranial magnetic stimulation (TMS), and he will be working to develop neuroimaging biomarkers for informing diagnosis and treatment selection in depression, autism, and other neuropsychiatric disorders. Dr. Power and Dr. Grosenick will be based in the Sackler Institute and look forward to collaborations throughout the department.

Sackler Institute faculty also embarked on several exciting new research projects this year. **Francis Lee, MD, PhD** and **Conor Liston, M.D., Ph.D.** have begun a new collaboration investigating how neurotrophins shape the development of prefrontal circuits and social behavior early in life. In addition, **Dr. Liston** and **Faith Gunning, Ph.D.,** in collaboration with **Ben Zebley, M.D.** and **Marc Dubin, M.D., Ph.D.,** have begun two new projects to investigate how TMS can be optimized for treating obsessive compulsive disorder and paired with psychotherapy interventions to improve depression outcomes. These projects are supported by new grants from the National Institute of Mental Health, the National Institute on Drug Abuse, the Hope for Depression Research Foundation, the Foundation for OCD Research, and the Pritzker Neuropsychiatric Disorders Research Consortium.

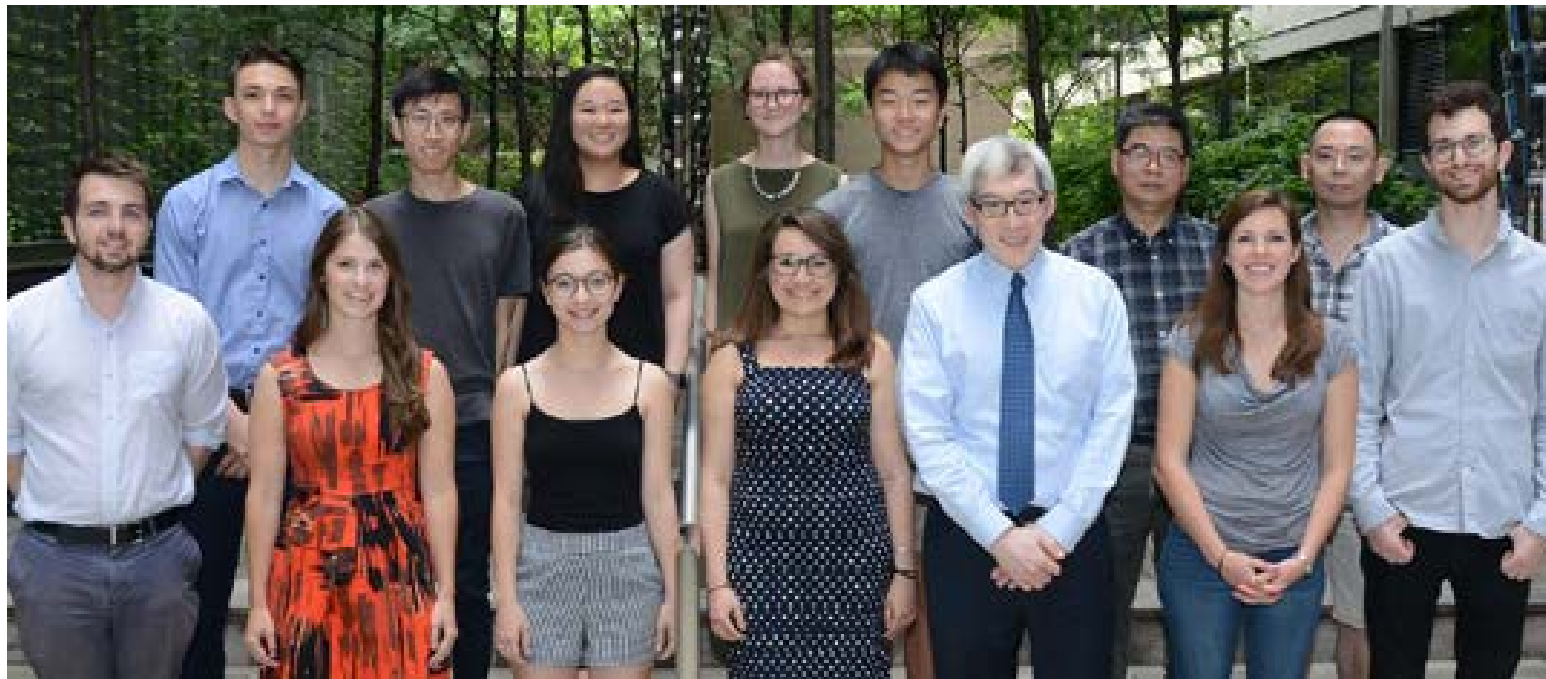


Conor Liston, M.D., Ph.D.

Our Institutes, Research, & Academic Programs

Lee Lab

The broad goal of **Francis Lee, M.D., Ph.D.**'s research program is focused on connecting molecular neuroscience with psychiatry through mechanistic studies of how growth and plasticity factors, such as BDNF and endocannabinoids, contribute to the pathophysiology and treatment of neuropsychiatric disorders. He has recently determined (with **Conor Liston, M.D., Ph.D.**) using both human functional neuroimaging and rodent live neural circuit imaging that a prefrontal cortical circuit modulates social approach behavior and influences susceptibility to social anxiety. This work was published in *Molecular Psychiatry* and provides the basis for their recently funded R01 grant, "Impact of BDNF on the Development of Social Behavior Circuits". In addition, using genetic mouse models, his lab identified a human genetic variant in the endocannabinoid system that is a contributing factor for increased susceptibility to cannabis dependence in adolescent females. These findings were published in *Science Advances*, and provides initial insights into how genetic variants can affect adolescent brain circuits and influence cannabis dependence.

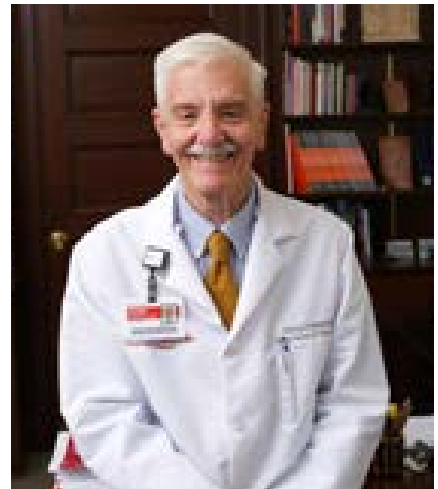


Lee Lab Team

Institute of Geriatric Psychiatry

Headed by its founding director **George Alexopoulos, M.D.**, the institute is recognized as one of the country's premier programs conducting ground-breaking research in late-life psychiatric disorders, training future research and clinical leaders, and providing specialized care to older adults. Dr. Alexopoulos received a priority score on the 7th competitive renewal of his T32 training grant, extending the life of the research fellowship to 35 years and making it one of the longest running research training grants in the country and in geriatric psychiatry. This is a remarkable achievement and a testament to the impact of the Institute on the field of geriatric psychiatry.

Using a neurobiology model, Dr. Alexopoulos and his colleagues developed a streamlined psychotherapy for late-life depression and demonstrated its effectiveness and ability to be reliably taught to community-based clinicians. As part of Dr. Alexopoulos' NIMH-funded ALACRITY Center grant, **Jenny Bress, Ph.D.**, **Lindsay Victoria, Ph.D.** and **Nili Solomonov, Ph.D.** are conducting electrophysiology and MRI pilot studies to identify abnormalities in reward network functions in depressed older adults; all three have received career development K awards by NIMH. The work by these highly promising young investigators is expected to lead to personalized, structured behavioral interventions for mid- and late-life depression.



George Alexopoulos, M.D.

Dimitris Kiosses, Ph.D. continues his NIH and foundation research of psychosocial interventions designed to reduce suicidal ideation, depression, and disability, and improve adverse outcomes associated with cognitive impairment and chronic pain. In the past year, his team has focused on developing remote interventions (administered through video or phone), writing new grants and papers, and launching a new lab website: kiosseslab.weill.cornell.edu. Dr. Kiosses' team has further developed the WellPATH app, a tablet application designed to reduce negative emotions associated with suicidal ideation and behavior. WellPATH is an emotion regulation tool that can be used outside of the therapist's office during periods of stress. Tablet or smartphone-delivered interventions are increasingly important in the face of the recent push toward virtual healthcare.

Improving Access to Mental Health Care for our Vulnerable Older Adults

Jo Anne Sirey, Ph.D. is a Professor in the Department of Psychiatry and celebrated her 30th anniversary at WCM this past year. Dr. Sirey has devoted her career to improving the lives of older adults. In addition to her research on the Weill Cornell ALACRITY Center grant, Dr. Sirey was awarded a Collaborative R01 grant from the NIMH to examine the impact of Behavioral Activation



Jo Anne Sirey, Ph.D.

for depression in later life. The intervention is delivered by Social Workers and Peer Coaches in senior center settings. The goal of this project is to explore the potential for Peer Coaches to expand the workforce available to serve the expanding older adult population. This project complements Dr. Sirey's years long collaboration with the New York City Department for the Aging to deliver mental health services to older adults in 15 senior center sites in NYC. Dr. Sirey began collaborating with DFTA to serve older adults in community-based settings since Super Storm Sandy. In addition, Dr. Sirey directs a program to provide an evidence-based, brief psychotherapy treatment to depressed elder abuse victims throughout NYC. Dr. Sirey's important work impacts the lives of some of our city's most vulnerable citizens.

Our Institutes, Research, & Academic Programs

Program for Anxiety and Traumatic Stress Studies

JoAnn Difede, Ph.D., is the Director of the PATSS, the Virtual Reality Lab and NYP Military Family Wellness Center at the Weill Cornell campus. At the beginning of the COVID-19 pandemic, Dr. Difede developed and led the CopeWeillCornell Liaison program, a team-based initiative to provide tailored psychological support to clinical departments/divisions at NYP Weill Cornell affiliated hospitals. Additionally, Dr. Difede is the Principal Investigator of three new COVID-related studies: the first is a phased two-step intervention for general psychological distress, PTSD, and co-morbidities in healthcare workers, the second aims to develop and pilot virtual reality environments to treat PTSD in healthcare workers and COVID-19 patients, and the third aims to assess psychological and neuropsychological functioning of COVID-19 patients.

Dr. Difede also serves as the Principal Investigator of a study using virtual reality as a non-pharmacologic pain management tool at the William Randolph Hearst Burn Center at New York-Presbyterian Hospital and recently began collaborating with Dr. Richard Kaner and Dr. Yasmine Van Wilt in another non-pharmacologic project researching the effects of medical music on anxiety in patients with interstitial lung disease. In addition to her work in virtual reality, Dr. Difede's contributions to the NYP Military Family Wellness Center have enabled U.S. military service members and their families to obtain high quality, evidence-based mental health services. Dr. Difede is also the Principal Investigator of two ongoing Department of Defense (DoD) funded studies; the first is a trial of interpersonal therapy (IPT) compared to prolonged exposure (PE) for MST-related PTSD and the second is a clinical trial of a first-in-class vasopressin receptor antagonist for the treatment of PTSD.



JoAnn Difede, Ph.D.

DeWitt Wallace Institute of Psychiatry: History, Policy, & the Arts

As it has for many others, 2020 has been a period of transformation for the DeWitt Wallace Institute and its faculty and staff. In January, we took stock of our mission and announced a formal name change to the DeWitt Wallace Institute of Psychiatry: History, Policy, and the Arts, reflecting an expansion of our programming that has been long in the making. In response to COVID-19, we took that mission online, making our seminars zoominars and our Annual Report a digital, interactive document. Though we mourn the suspension of in-person events, digital events allow us to welcome a diversity of scholars from all over the world, and to update and widen our offerings. **George Makari, M.D.**, Director of the DeWitt Wallace Institute for the History of Psychiatry, inaugurated a new seminar series this fall on Psychiatry and the Arts. He also completed his latest book, *Of Fear and Strangers: A History of Xenophobia*, to be published in 2021 by W.W. Norton.



Associate Director **Nathan Kravis, M.D.**, delivered the Arnold Cooper Memorial Grand Rounds at Weill Cornell Psychiatry on "Charisma." Policy Researcher and Administrator **Megan J. Wolff, Ph.D., MPH**, continued to support responsible public debate on mental health and illness, and became coordinator of the Richardson Seminar on the History of Psychiatry. Special collections librarian, **Nicole Topich, MLIS**, worked to make more of the collection accessible online. In addition to receiving grants from the National Endowment for the Humanities (NEH) and the Documentary Heritage and Preservation Services for New York (DHPSNY), she has created finding aids and made collections searchable through the Empire Archival Discovery Cooperative:

<https://www.empireadc.org/empiresearch/agency/Oskar%20Diethelm%20Library>

Our Institutes, Research, & Academic Programs

Aaron Stern, MD, PhD Program in Psychodynamic Psychiatry

The Stern Program in Psychodynamic Psychiatry was established with a generous gift by Aaron Stern, M.D., Ph.D., and Betty Lee Stern with the goal to advance training and education of psychodynamic approaches to treat personality disorders. The Stern Program builds on Weill Cornell Psychiatry's excellence in the tradition of psychodynamic psychiatry, an approach that has proven to be one of the most effective treatments for personality disorders.

The past July, **Alyson Gorun, M.D.** was appointed the first Aaron Stern, MD, PhD Postdoctoral Research Fellow in Psychodynamic Psychiatry, a core component of program. In this role, Dr. Gorun is working with **Elizabeth Auchincloss, M.D.**, the Aaron Stern, MD, PhD Professor of Psychodynamic Psychiatry, to develop educational tools to advance the dissemination of psychodynamic psychiatry and create greater awareness of personality disorders not only in psychiatry but also in the larger medical community.



Alyson Gorun, M.D., Ph.D.

Borderline Personality Disorders Institute

Otto Kernberg, M.D. and **John Clarkin, Ph.D.** continue their study of the impact of an intensive psychodynamic treatment on adult females with borderline personality disorder. A unique aspect of the study is the use of periodic electronic diary information to monitor the influence of the treatment on patients' daily interactions with others. This past year we welcomed **Katya Ostor** as the new Coordinator of the NYP Borderline Personality Disorders Resource Center who will continue to do the critical work of providing information and education to patients and families affected by BPD.

Advancing Education & Training

Training Programs

Our Department is distinguished by the quality of our training programs from medical student education, to our multiple residency training programs, to our pre- and post-doctoral psychology training. In addition to our full-time faculty, we have over 200 voluntary faculty who volunteer their time and effort to mentor and educate our trainees and whose breadth of expertise allows us to offer high-caliber training experiences. We appreciate the leadership of **Elizabeth Auchincloss, M.D.**, who serves as Vice Chair for Education for Psychiatry and **Susan Evans Ph.D.**, who is the Director of Education for Psychology and oversees our highly regarded predoctoral clinical psychology internship as well as the postdoctoral fellowship programs at WBHC and the Cognitive Therapy Clinic. **Victoria Wilkins, Ph.D.**, does an outstanding job in the coordination of our large psychology externship program.



David Pioquinto, M.D. and Karen Tobias, M.D.

Our WCMC medical students continue to rank psychiatry among the highest clerkships. In the past ten years, Weill Cornell Medicine matched an average of 6.53% of our students into psychiatry with the national average being about 4.9%. Four recent graduates from WCMC medical school received awards this year; **Lu Jin, M.D.** and **Jenny Makovkina, M.D.** for the Oskar Diethelm Prize for Excellence in Psychiatry and **Molly Chodakewitz, M.D.** and **Mary Cox Bingham, M.D.** for the Richard N. Kohl Prize for Excellence in Psychiatry. Thanks to **Susan Samuels, M.D.**, Director of Medical Student Education and Psychiatry Clerkship Director, **Dimitry Francois, M.D.**, Assistant Clerkship Director for NYP/Westchester; and **Kyle Brintz, M.D.**, who joined the Clerkship as the Associate Clerkship Director for the Manhattan site, for their efforts in running this program.

Congratulations to our educators who were recognized with awards this year including: **Susan Samuels, M.D.** who received the Charles L. Bardes Teaching Prize; **Dimitry Francois, M.D.** who was on the WCM Senior List; **William Jay Apfeldorf, M.D.**, **Nicholas Genova, M.D.**, **Daniel Knoepfmacher, M.D.**, **Jessica Simberlund, M.D.** who all received the Department's Certificate of Recognition for Dedicated Teaching and Outstanding Mentorship.

Advancing Education & Training



Residents celebrating the first day of fall

Joseph Murray, M.D. was nominated for the APA's Nancy C.A. Roeske, M.D. Certificate of Recognition for Excellence in Medical Education, which will be presented in January 2021.

We have a stellar team running our ACGME-accredited training programs including; **Jimmy Avari, M.D.**, Interim Director for the General Psychiatry Residency Training program and Director for the Geriatric Fellowship Training program, NYP/Westchester; **Nabil Kotbi, M.D.**, Associate Director for the Geriatric Fellowship Training program, NYP/Westchester; **Rebecca Rendleman, M.D.**, Director for the Child and Adolescent Residency Training program; and Helen Ding, M.D., Assistant CAP Residency Director, NYP/Westchester.

We remain strongly committed to improving our scholarly focus on health outcomes and caring for a diverse patient population. We are very proud of our residents for establishing the Department's very first Weill Cornell Psychiatry Residency Council for Diversity & Inclusion (RCDI), which works closely with the NYP-Weill Cornell Medicine Psychiatry Diversity Council on initiatives focused on academics, recruitment, and community. Other highlights include a new Diversity & Inclusion Reading Group consisting of faculty, trainees and staff, an elective in Quality Improvement featuring resident-designed projects, our rotation in public psychiatry/addiction psychiatry at Lincoln Hospital for all second-year residents; a faculty development workshop focusing on delivering effective feedback, and ongoing scholarship initiatives through our resident Clinical Scholars Institute.

The general residency program's "Continuing the Conversation" series on enhancing meaning in medicine remains a core component of housestaff well-being programming. We also continue to fund resident and psychology intern fitness and wellness classes through "ClassPass," a service that provides access to a global network of fitness opportunities.



ZhenZhen Shi, M.D.

We thank our talented Chief Residents: **Abigail Benudis, M.D.**; **Heather Kawalick, M.D.**; **Rachel Knight, M.D.** and **Paul McCormick, M.D.** We are also grateful to the Payne Whitney Faculty Council and its current President **Jim Nininger, M.D.**, for their role in organizing four Grand Rounds presentations as well as a number of interesting educational and training workshops every year.



Jonathan Avery, M.D. and Katie Couric

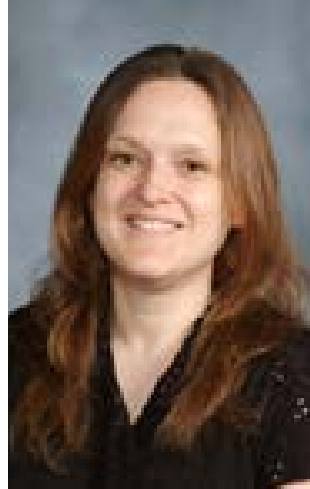
substance use disorders and mental illness. The program primarily focuses on the stigma that exists in the medical community towards addiction, but also focuses on stigma that exists in other spaces that should be the safest, such as the home, workplace, and justice system. This program resulted in the creation of multiple books, papers, and online content during 2020 that are being utilized by training programs around the country. Dr. Avery also continues to address youth nicotine use at a national level, including the launch of a youth nicotine treatment program that is now available through the department's Physician's Organization. And his efforts to address severe substance use disorders in the hospital and the community have led to many lives saved through addressing opioid use disorder with medications and harm reduction strategies, such as naloxone rescue kits. Through these efforts, he was awarded the Our Town Thanks You (OTTY) Award. We are all also looking forward to launching an Addiction Psychiatry Fellowship, which Dr. Avery will lead beginning in 2021.

Program for Substance Use and Stigma of Addiction

Jonathan Avery, M.D. continues his great work as Director of Addiction Psychiatry, and has launched several new initiatives. Building on his longstanding work, Dr. Avery formally launched his Program for Substance Use and Stigma of Addiction with a mission to examine and develop interventions to improve clinicians' attitudes towards patients with substance use disorders and educate all physicians on how to treat individuals with co-occurring

Advancing Careers

We are so proud of **Janna Gordon-Elliot, M.D.**, and her new role as of July as the WCM Medical College Assistant Dean of Student Affairs & Student Life. In this role she supports the personal, health and wellness needs of our medical students. She will also be nominated for the Nanette Laitman Entrepreneurship Education Scholar Award, a 3-year career development award to support a targeted education project within medical education. She plans to design and implement Transition to Medicine, a longitudinal, integrated educational program addressing the well-being and professional development of medical students. Programming, which will be delivered in a range of contexts, utilizing traditional learning platforms and innovative technology, will explore personal- and group-vulnerability to stress, and enhancement of resilience to major challenges; adaptive coping in response to the ongoing crises presented by the COVID-19 pandemic will be explicitly addressed.



Judith Cukor, Ph.D., has done an outstanding job in her role as Assistant Dean of Student Affairs, Weill Cornell Medicine Graduate School. In addition to administrative responsibilities, Dr. Cukor provides student life advising and assists with wellness and resiliency initiatives. Dr. Cukor has been responsible for running the NYPD Finest Care program that provides confidential psychiatric and psychological care to New York City's uniformed police officers through a contract with NYP.

The Medical School has made significant investments in student mental health, which is recognized as institutional priority. To that end, our student mental health team has been expanded under the new leadership of **Patricia Marino, Ph.D.**, who was appointed this past spring as the Director of Student Mental Health. Dr. Marino has done an outstanding job rapidly growing a diverse, multi-disciplinary team of exceptionally qualified clinicians devoted to meeting the needs of our students. Dr. Marino will collaborate with Drs. Gordon-Elliot and Cukor on wellness initiatives.



We are deeply grateful to Richard A. Friedman, M.D., who stepped down from his role as Director of Medical Student Mental Health after 20 years of exceptional leadership. Dr. Friedman continues his brilliant writing for The New York Times, educating its readers about mental health issues and controversies.

Vivian B. Pender, M.D. named APA president elect, and will resume the role in May 2021



It is a demanding time for the American Psychiatric Association. The APA and its Foundation represent an important voice for psychiatry and for patients as it holds tremendous potential to promote much needed progressive policies for the good of society. In a crisis, we depend on the kind of strong, honest and reliable leadership that the APA can provide. As a steward of this organization for a brief period, I hope to help guide its resources to provide benefit for the greater good.

Going forward, the world will be dealing with the shock and mental health consequences of COVID-19. Continued racism, sexism, ageism, denial of climate change and economic disparities should alarm everyone. We cannot return to what we used to consider 'normal' and what we took for granted. Some rights and privileges have not applied to all people; these inequities must be reconciled. My 2021-2022 APA Presidential theme will be the Social Determinants of Mental Health and Mental Illness. While I hope that there will be more concerted focus on research of the brain, genetics, neuroscience and microbiology, there will also be an emphasis on the social environments that produce or alter mental illness. In this regard, public health initiatives of primary and secondary prevention should be applied when we educate students and when we lobby government. During the time in which culture is slowly evolving, the APA must keep in mind the daily practical challenges that clinicians face, with telemedicine, workforce demands, insurance reimbursement and maintenance of certification.

I wish everyone safe and healthy holidays and a hopeful 2021!

Vivian B. Pender, M.D.

APA President Elect,
Clinical Professor of Psychiatry, Weill Cornell Medicine

Our Partnerships

Weill Cornell Medicine - Qatar (WCM-Q)

We acknowledge **Javaid Sheikh, M.D.**, Dean of WCM-Q, and a member of the Department's faculty, for his extraordinary leadership. WCM-Q has signed a renewal of its 10-year contract with Qatar Foundation. WCM-Q was established in 2001 as a partnership between Cornell University and Qatar Foundation. In January 2020, Dean Sheikh convened a Student Mental Health and Wellness Task-force, comprised of students, faculty, student counselors and senior members of Student Affairs and Dean's Office. The Taskforce's remit is to review WCM-Q's current capacities and resources for supporting student mental health and wellness and make recommendations for enhancement.

WCM-Q faculty have been providing strong support to Qatar's national effort in tackling COVID-19 by working with the Ministry of Public Health and clinical affiliate Hamad Medical Corporation in modeling, tracing, sequencing, and clinical arenas.

Our Partnerships

Memorial Sloan Kettering Cancer Center (MSKCC)

We enjoy a strong partnership with MSKCC with over 30 years of their physicians and psychologists on our department's faculty. We appreciate our collaboration with **William Breitbart, M.D.**, Vice Chair of MSKCC, Chair of the Department of Psychiatry and Behavioral Sciences at MSKCC. The MSK Department of Psychiatry and Behavioral Sciences' "Psycho-oncology Education and Training Institute" conducted 7 national courses in 2020 led by **Patricia Parker, Ph.D.**, **Jamie Ostroff, Ph.D.**, **CTTS, NCTTP**, **Chris Kotsen, Psy.D.**, **CTTS, NCTTP**, with additional course faculty that included **Yesne Alici, M.D.**, **Smita Banerjee, Ph.D.**, **Yuelin Li, Ph.D.**, **Christian Nelson, Andy Roth, M.D.**, **Lisa Carter-Harris, Ph.D.**, **APRN, ANP-C**, **Tim Ahles, Ph.D.**, **Wendy Lichtenthal, Ph.D.**, and **Kelly Trevino, Ph.D.**

We also congratulate **Matthew Doolittle, M.D.** on his appointment as Training Director for the MSK Psychiatry Consultation-Liaison Clinical Fellowship Program. In addition, **Francesca Gany, M.D.**, led MSK's Immigrant Health and Cancer Disparities (IHCD) FOOD team's collaboration with MSK colleagues and NYC taxi drivers on delivering food to cancer patients and their families throughout the city during the COVID-19 pandemic. **Drs. Breitbart, Goldberg, and Sharma** presented "Weathering New Storms – Resiliency in Times of Uncertainty" Panel at MSK's Employee Wellness Virtual Self-Care Summit, virtual, 7/10/20.

Numerous research grants were awarded to the following MSKCC faculty, allowing the department to continue to make an enormous impact in the field of psycho-onology:

William Breitbart, M.D. was awarded an R25 from the NIH entitled "Meaning-Centered Psychotherapy Training for Cancer Care Clinicians", 9/1/20-8/31/25, (PI: Breitbart)

Chris Nelson, Ph.D. was awarded an R01 from the NIH entitled "Cancer and Aging Reflections for Elders (CARE): A Geriatric Specific Psychotherapy for Older Adults with Cancer", 6/2020-5/2025 (PI: Nelson)

Allison Applebaum, Ph.D. was awarded an R01 from the NIH entitled "A Randomized Controlled Trial of Emotion Regulation Therapy for Cancer Caregivers: A Mechanism-Targeted Approach to Addressing Caregiver Distress", 9/2020-5/2025 (PI: Applebaum)

William Breitbart, M.D., **Allison Applebaum, Ph.D.**, and **Rebecca Saracino, Ph.D.**, presented "MSKCC Research Report" at the TJ Martell Foundation 25th Annual Cancer Research Summit, in Nashville, TN, 1/17/20.

We also congratulate the following faculty members who were recognized with awards this year:

Thomas Atkinson, Ph.D. won the Outstanding Article of the Year Award Finalist – International Society for Quality of Life Research.

William Breitbart, M.D. was invited to be a member of the International Research Society of the Sapporo Conference for Palliative and Supportive Care in Cancer.

Lisa Carter-Harris, Ph.D., APRN, ANP-C, FAAN was invited to serve as a board member on the Cancer Prevention & Control Board of the Central IRB for the NCI.

Monique James, M.D. was awarded the MSK Mort Bard Memorial Clinical Award on 6/24/20.

Mary Jane Masse, M.D. was awarded the MSK Caring Heart Award for 2020.

Rebecca Saracino, Ph.D. was awarded the MSK Mort Bard Memorial Research Award on 6/24/20.

Michael Rosenthal, M.D. was awarded the MSK Jimmie Holland Award on 6/24/20.

In Memoriam

We pay tribute to the people who passed this year, including Drs. Richard C. Friedman and Bruce McEwen.



Richard C. Friedman, M.D.

Dr. Friedman passed in March of this year. He was a highly respected colleague serving on the faculty of both Weill Cornell Medicine and Columbia University Center for Psychoanalytic Training and Research. He was also the beloved spouse to Sue Matorin, Senior Lecturer of Social Work in Psychiatry at WCM.

Dr. Friedman was a prominent researcher and scholar in sex and gender, whose work was instrumental in challenging the orthodoxy that homosexuality was per se pathological. In his relentless data-driven books and papers, he overturned that myth and shed light on the fundamental nature of human sexuality. He was the author of *Male Homosexuality: A Contemporary Psychoanalytic Perspective*, numerous articles on human sexuality, and the author of one of the first studies of the effect of sleep deprivation on residents.

Dr. Friedman was the editor-in-chief of *Psychodynamic Psychiatry*. He also taught classes and supervised residents on human sexuality including leading a popular annual elective in which residents acted as assistant editors for that journal.

Bruce McEwen, Ph.D.

Dr. McEwen was the Alfred E. Mirsky Professor and head of the Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology at Rockefeller University. He was a monumental figure in the field of affective neuroscience. His death was a tremendous loss for the scientific community and a deeply personal one to many of us.

Dr. McEwen made a key discovery over fifty years ago using a radio-immunolabelling technique to identify steroid receptors in the hippocampus. He opened up an entirely new field of stress biology, reframing our thinking

about this most basic of functions of how the environment influences and changes the structure and function of the brain. Many of the central tenets we now take for granted arose from his work and from those of his numerous trainees including allostatic load and the concept of "good" and "bad" stress.

In addition to his long research career at Rockefeller University, he was involved in national collaborative research efforts including the MacArthur Foundation Research Network on Socioeconomic Status and Health, the National Scientific Council on the Developing Child, and served as a Scientific Advisor to the Pritzker Neuropsychiatric Disorders Research Consortium. He was recognized with numerous honors and awards including election to the National Academy of Sciences, the National Academy of Medicine, and the American Society of Arts and Sciences.

Bruce played a significant role in our Department. In addition to being a world-class scientist, he was a remarkably generous mentor and teacher. He collaborated with and mentored many of our faculty, graduate students, and postdoctoral fellows - many of whom went on to successful careers - including Dr. Conor Liston. He worked very closely with Dr. Jack Barchas over his 25 year tenure, facilitating and providing guidance on numerous research initiatives in the Department.



Careers on the Move

Julie Penzner, M.D. In October, Dr. Julie Penzner stepped down as Director of the General Residency Training program to pursue a new opportunity as Director of Undergraduate Medical Education in Psychiatry and Associate Residency Director at Duke University. Dr. Penzner was responsible for advancing our Residency Training Program with her thoughtful and creative leadership over the past six years. We know that Dr. Penzner will be as successful in her new role at Duke as she has been at NYP Weill Cornell Medicine.

Dr. Jimmy Avari, M.D., who has been the Assistant Training Director for the program, has graciously agreed to step in as Interim Director to work alongside Dr. Betsy Auchincloss through this time of transition.

The Department has convened a search committee chaired by **Richard Friedman, M.D.**, and has launched a national search for Dr. Penzner's successor.

Barbara Milrod, M.D., Professor of Psychiatry, and member of the WCM faculty for nearly 30 years, will be leaving WCM at the end of December and transitioning to a new role as Director of Psychotherapy Research at Albert Einstein College of Medicine's Psychiatric Research Institute of Montefiore Einstein (PRIME). She will also maintain a private practice.

Dr. Milrod is an accomplished clinician scientist who is known for her pioneering work developing manualized psychodynamic psychotherapy treatments for panic disorder and PTSD. She has touched many lives as a clinician, teacher, and mentor.

We are grateful to Dr. Milrod for her years of service and look forward to celebrating her future accomplishments.

In Acknowledgment of our Administrative Leaders & Staff

We have a remarkable team of dedicated administrative staff to whom we are deeply grateful, including our senior administrators: Nora Contract, Director of Operations, NYP Psychiatry; Jennifer Walsh, Chief Administrative Officer, WCM Psychiatry; Brita Kube, Assistant Administrator; Andrei Gangal, Financial Manager; and Marcella Sanchez, Administrative Manager and our extended administrative team: Maviya Ahmad, Yasmine Akbar, Jude Allen, Joanne Ciallella, Nalini Deonarine, Shamila Dilmaghani, Elvira Duraku, Zemfira Egelbaum, David Eppenstein, Rebecca Hellman, Tia Jackson, Marcelles Jaeger, Rebecca Lovell, Brittany Nelson, Crystal Nieves, Sharon Pecache, Kristin Roopchand, Nicole Vital, Juleissy Lantigua, Geraldine White, and Maddy Schier.

In Acknowledgment of our Donors

We are grateful for the support we receive from donors whose philanthropy enhances our ability to achieve our missions, sustain excellence, and advance innovations.

We recognize the invaluable support from: the DeWitt Wallace Reader's Digest program of the New York Community Trust, the Pritzker Foundation, the Dworman Foundation, NEXT for Autism, the Sicher Family, the Khoury Foundation, the Paul and Jenna Segal Family Foundation, the Simons Foundation, the Tusiani Family, the Jesse and George Siegel Foundation, Dr. Aaron and Betty Lee Stern, Shaiza Rizavi and Jonathan Friedland, Audrey Gruss and the Hope for Depression Research Foundation, Judy Zankel, Debra and Michael Gelband, Peter Askin, The Frederick Adler Trust, Abramson Family Foundation, Tara Gabel, Mary and Jonathan Rather, Tracey Hisler, and William H. Berkman.

In addition, there are numerous other private individuals who facilitate new directions and talented scholars. We are also deeply appreciative of the generosity of faculty members for their donations and engagement in philanthropic efforts to support program development.

Thank you and Happy Holidays!