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Don't Miss the Next Beautiful Minds Luncheons!

April 26 "Eating Disorders"
Country Club of Little Rock

Sept. 27 "Psychiatry and Genetics"
Pleasant Valley Country Club

Nov. 8 "Setting Healthy Boundaries"
Country Club of Little Rock

Lunch is \$20, and speakers begin at 11:30 a.m. Call Ellon Cockrill at (501) 526-7654 or e-mail beautifulminds@uams.edu to reserve your spot.



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UAMS

 **COLLEGE OF MEDICINE**
DEPARTMENT OF PSYCHIATRY
UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES

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Demolition Clears Way for UAMS PRI

A new year and a new era for UAMS and the Department of Psychiatry began with a cloud of dust and a deafening roar. On Feb. 19, the student dormitory on the UAMS campus fell in a planned implosion, clearing space for construction of the new hospital, parking deck and the Psychiatric Research Institute (PRI). Demolition has also begun on the Child Study Center, originally built in 1969 to house the Child Therapeutic Day School and recently housing the psychiatry administration and several other UAMS programs. (See article on Page 4.)



The \$23 million PRI will be one of nine similar institutions in the country, combining research, education, clinical space and inpatient care within one facility. When completed, Arkansas will be home to one of the most innovative psychiatric treatment and

research facilities in the nation. The facility, designed by The Wilcox Group architectural firm, is scheduled to be completed by the end of 2007.


completed by 2008, and will allow easy access to a wide variety of mental health care. The PRI will also be the hub for outreach programs that bring psychiatric care to Arkansans across the state.

The PRI will be located next to the new UAMS hospital, to be

Plans for the five-story building include the following:

- The Walker Family Clinic in the PRI will consolidate many of our current outpatient services for adolescents, adults and the elderly. The clinic will provide specialty treatment programs,

Demolition (continued on Page 7)

UAMS
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Note from the Chair



Dear Friends of UAMS Psychiatry, The demand for our work continues to be strong. In the past three months, it seemed calls came in almost twice as fast from families and individuals seeking help for the psychiatric problems they face. Lynn Mason, R.N.P., my nurse practitioner colleague, and I had the privilege of helping see new referrals at our Programs for Young Adults

during December in order to help with a backlog of psychiatric evaluations.

Ms. Mason and I had two general impressions. First, the sincerity and earnestness of the families seeking help for their young adults were awe-inspiring. Many of these families drove for miles and endured numerous other treatments and programs before coming to our Programs for Young Adults (PYA). Clearly, when a child is ill, everyone in the family is affected.

Secondly, I was impressed with the great resiliency of many of these families. Ms. Miller (not her real name) is a hard-working, devoted, single mother of two young men, ages 12 and 16. She was driven to get the right care and good results she believed her boys needed. While both young men had difficulty in school, both were bright, studious and full of potential – except for the burden of their psychiatric conditions.

The younger boy had poorly controlled attention deficit hyperactivity disorder. It was interfering with his ability to attend school and control his behavior. With the right medication and the great therapy provided by our therapists in PYA, it was fairly easy to resolve.

The older brother was much more tragic. He was a tall, handsome young man with a strong intellect. He wanted to play football in high school and then go to college, perhaps

one of our military academies. His partially treated depression, however, left him sad and caused him to cry easily from hollow-appearing eyes and to sit around the house in despair.

The real tragedy was that his condition had gone poorly treated for the past year without improvement. When he came to our program, our therapists recognized his illness and are now providing effective care. Let us hope that this young man might achieve all of the potential that is in him. It was such a privilege and inspiration for us to help provide care for these patients and their families.

As you have probably heard, plans are nearly complete for our new building to house the Psychiatric Research Institute (PRI). The first visibly obvious step in that process was the implosion of the dormitory at the south end of the Ward Tower.



The location of the new Psychiatric Research Institute

With its successful implosion, a massive excavation began for the parking deck that will be under our building and the new hospital. Before long, steel will be erected!

Due to some very generous families, we have received more than \$1 million in pledges for the building in the past two months. This provides us with enough commitment of funds to build the outer walls of the entire five stories and to finish out about two and a half floors of the building. With your help, we will raise the remaining pledges needed by December of this year to complete the building on schedule in December 2007. As you think about whether you can help make this new building a reality, please remember those patients and families like the ones Ms. Mason and I met in December who need our help.

As always, I am thankful to you for the generous help you give our department and to the great cause of effectively treating our patients and their families with their psychiatric problems.

Best wishes,

G. Richard Smith, M.D.

Accolades

Warren Bickel, Ph.D., director of the UAMS Center for Addiction Research and the Wilbur Mills Chair in Alcoholism and Drug Abuse Prevention, has been invited to join the National Advisory Council on Drug Abuse, which serves a crucial role in advising the National Institute on Drug Abuse. The council's 18-person membership consists of 12 experts in scientific fields and six members from the public and other government entities.

Brenda Booth, Ph.D., professor in the Department of Psychiatry and director of the Division of Health Services Research, has been awarded a subcontract on her nationally funded grant from the Center for Substance Abuse Prevention. The subcontract will provide expert data analysis and interpretation of data relevant to the distribution, causes and consequences of substance use in Arkansas. Data will be obtained from multiple sources, including health, criminal justice and

community surveys and multiple segments of the Arkansas community.

Bruce Cohen, M.S., instructor in the Department of Psychiatry, is the UAMS project manager for a multiagency grant from the Federal Emergency Management Agency to provide crisis counseling, education and referral services to hurricane survivors who have relocated to Central Arkansas.

Patricia L. Youngdahl, Ph.D., assistant professor of child and adolescent psychiatry, has received a presidential citation from the American Psychological Association (APA) for her work with the Arkansas Psychological Association (ArPA). Youngdahl has been a behind-the-scenes leader within the organization since 1961 and has often stepped into service on behalf of the practice of psychology in Arkansas and to support ArPA's Legislative Committee in the APA.

Demolition

(continued from Page 1)

including treatment for addictive disorders, eating disorders, anxiety and depressive disorders, and post-traumatic stress disorders.

- The Dierks Research Laboratories will incorporate studies into pharmaceutical trials, psychotherapy research and the development of new treatments for addictions and other disorders being studied by faculty in the department.

- The PRI will centralize the department's excellent student, residency and fellowship programs. Bringing everyone together will allow us to improve the coordination and benefits of joint programs now located throughout central Arkansas.

- Two floors of the new PRI will be dedicated to inpatient care – bringing our patients into the same building with our physicians and guaranteeing a continuity of care and compassion.

New Faculty and Senior Staff

The Department of Psychiatry in the UAMS College of Medicine welcomes new faculty and senior staff members:

Terry Fletcher, Research Project Coordinator, Center for Addiction Research

Zuzana Gubrij, Research Assistant, Center for Addiction Research

Karen Gambill, Psychological Examiner, Arkansas CARES

Michelle Gentry, Project Program Specialist, STRIVE

Mic Wright, Chief Operations Officer, Arkansas CARES

Help Us Raise the Roof of the PRI

This is an exciting time for the Department of Psychiatry, and we are thrilled to have so many friends helping our dreams become a reality. Work will soon begin on the Psychiatric Research Institute (PRI), a state-of-the-art facility, incorporating research laboratories, inpatient and outpatient care, and academic space. It will be one of only nine such facilities in the nation, providing the latest in psychiatric care to Arkansans in need.

In order to ensure that the PRI reaches its maximum potential as a UAMS Center of Excellence, we need your help. A gift to the PRI is not just a gift to UAMS, but a promise to the people of Arkansas, that a brighter future for mental health is possible.

All levels of support are welcome for the PRI, and naming opportunities are available. By receiving your pledge, we can lock in to specific plans and add the

touches that will take the facility above and beyond the norm. For more information, contact Renie Rule, development officer in the UAMS Department of Psychiatry, at (501) 526-7795.





UAMS Psychiatry Students Score High in Nation

Medical students at UAMS are not only going into psychiatry in numbers higher than the national average, but they are scoring higher than average on national testing. G. Richard Smith, M.D., chairman of the Department of Psychiatry, said the credit goes to hardworking educators, who go beyond the textbooks to teach the students.

Third in the Nation

As reported in the American Psychiatric Association's 2004-2005 Resident Census, the UAMS College of Medicine ranked third in the nation for the number of graduates going into residencies in psychiatry.

UAMS had 14 graduates go into psychiatry residencies, behind the University of California in San Francisco and the University of Illinois, both of which had 18 graduates go into psychiatry residencies. UAMS ranked fourth for the percentage of postgraduate first-year residencies in psychiatry, with 10.4 percent of the class choosing the field. The rankings were out of 125 accredited medical schools granting medical degrees in the United States.

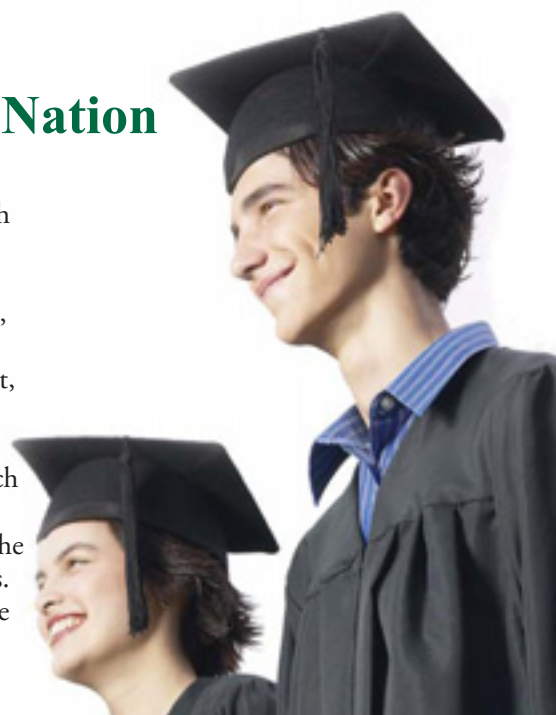
"These numbers reflect very positively on the undergraduate and graduate medical education programs, the residents and the faculty at UAMS," said Smith.

Highest Percentiles

The National Board of Medical Examiners (NBME) subject examination, also known as "the shelf exam," is the test given to junior medical students after each major clerkship. UAMS received the final results from last year, and the students from the Department of Psychiatry had the highest mean percentile, compared to all U.S. medical students, of the six major clerkships. The department was last four years ago, then fifth, then fourth, then second and now first. UAMS psychiatry students scored in the 63rd percentile across the nation.

According to John Spollen, M.D., assistant professor and vice chairman of

education in the Department of Psychiatry, faculty have reviewed the NBME with students and added material covered on the test to their lectures for several years. Then, three years ago, Brian Hyatt, M.D., a fourth-year medical student at the time and now a second-year psychiatry resident, said he wanted to develop a NBME test review for students. His work became the foundation of the test review done for each rotation. Last year, an online set of modules was added, with quizzes of areas on the NBME that were not included in lectures. Hyatt and two senior medical students are now updating and greatly expanding the test review material.



In the Spotlight



Ben Guise, M.D.

Ben Guise, M.D., the residency training director and assistant professor in the Department of Psychiatry, stepped into his present position in May of

2004 after 10 years as section chief of Unit 3-Upper, the residency training site at the Arkansas State Hospital. Guise initiated and obtained Accreditation Council for Graduate Medical Education approval for the Forensic Psychiatry Fellowship Program, which will graduate the first class of two fellows in June 2006.



John Spollen, M.D.

John Spollen, M.D., assistant professor, is the vice chairman for education in the Department of Psychiatry.

He is also co-director with Shanna Palmer, M.D., of the Junior Medical Student Psychiatry Clerkship. As vice chairman for education, he coordinates and supports all the education offerings of the department.



Puru Thapa, M.D., M.P.H.

Puru Thapa, M.D., M.P.H., assistant professor in the Department of Psychiatry, is a favorite among students. He has received the Golden Apple

Award, an honor bestowed on faculty by students, for three straight years. His passion for his work has inspired many students to delve further into the field of psychiatry.



Brian T. Hyatt, M.D.

Brian Hyatt, M.D., is a second-year resident in the Department of Psychiatry who hopes to pursue a career in inpatient psychiatry as a clinician educator.

As a medical student, he developed a study guide for the NBME (National Board of Medical Examiners) psychiatry subject exam that has helped make psychiatry the top student clerkship at UAMS. As an intern, Hyatt developed review materials for the PRITE (Psychiatry Residency In Training Exam), which led to his group scoring in the 98th percentile among residents nationwide.

UAMS To Implement TeenScreen in Arkansas

The Department of Psychiatry in the University of Arkansas for Medical Sciences (UAMS) College of Medicine will implement the program, TeenScreen, this spring in two Arkansas schools, beginning in March with Catholic High School in Little Rock.

The TeenScreen Program, created by Columbia University, is a national mental health and suicide risk screening program for youth. Ninth-graders at Catholic High School and Warren High School will be the first to participate in the program. No child is screened without parental consent.

The Arkansas Youth Suicide Prevention Task Force helped bring TeenScreen to Arkansas. The task force was created by Act 1757 of 2005, sponsored by Sen. Jimmy Jeffress of Crossett, Ark.

The goal of the National TeenScreen Program is to make voluntary mental health checkups available for all American teens to assist in early identification of mental health problems, such as depression. TeenScreen works by assisting communities throughout the nation with developing locally operated and sustained screening programs for youth.

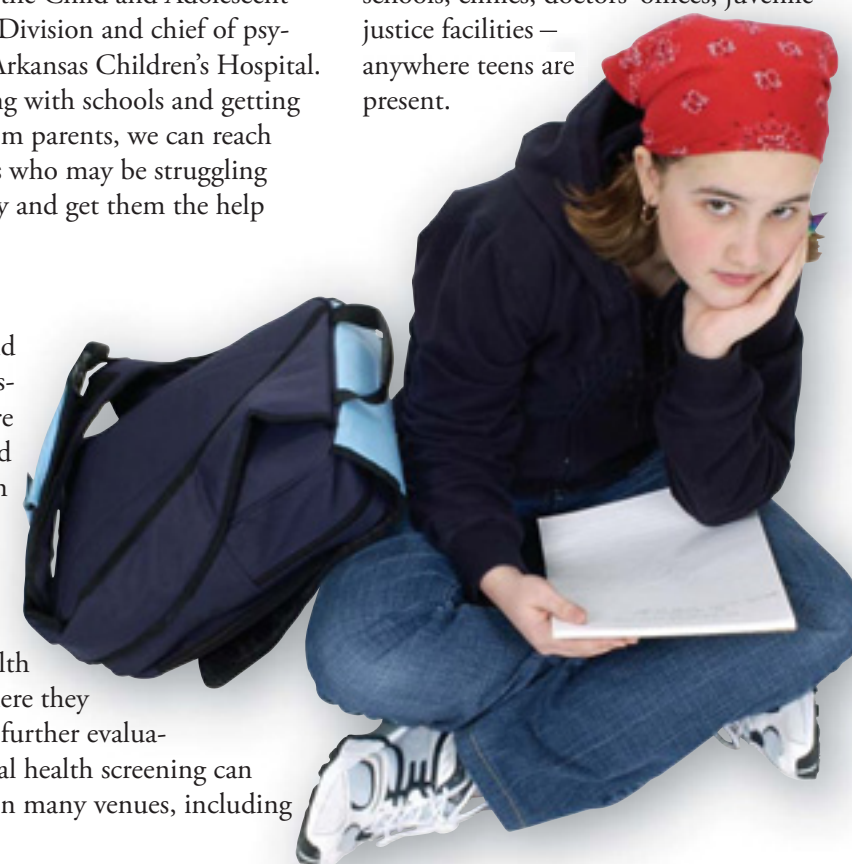
Ann Brown and Ashley Hurst, both licensed clinical social workers, will be coordinating the clinical implementation of the program. Brown is an outpatient therapist in the Division of Child and Adolescent Psychiatry at UAMS and is the division administrator. Hurst is also an outpatient therapist in the division and is the program manager for the Programs for Young Adults. Ellon Cockrill, project program specialist for the department, is coordinating the outreach component of the program.

"We are very excited to be able to offer TeenScreen in Arkansas," said Lynn Taylor, M.D., an associate professor in the Department of Psychiatry at UAMS,

director of the Child and Adolescent Psychiatry Division and chief of psychiatry at Arkansas Children's Hospital. "By working with schools and getting consent from parents, we can reach many teens who may be struggling emotionally and get them the help they need."

Parents of youth found to be at possible risk are notified and helped with identifying and connecting to local mental health services where they can obtain further evaluation. Mental health screening can take place in many venues, including

schools, clinics, doctors' offices, juvenile justice facilities — anywhere teens are present.



Arkansas CARES to Help Incarcerated Mothers Rejoin Society

Arkansas CARES, a program of the Department of Psychiatry in the UAMS College of Medicine, is one of two specialized women's services selected to pilot the Women and Children Transitional Living Program, a program to help incarcerated women rejoin society.

Beginning in March, mothers who qualify for Temporary Assistance for Needy Families (TANF) will be eligible for a one-year early release from incarceration to reunify with their children in a residential treatment setting. The pilot program is designed to build stronger families through structured transitional living upon release from the Arkansas Department of Correction (ADC) or the Department of Community Correction (DCC). The program will last about 15 months, including preparation while still incarcerated

followed by intensive treatment in the residential program with their children and community-based supervision as the families transition to independent living.

Following four months of intensive treatment, early-release families will enter Arkansas CARES' Building Bridges continuing care program, where their care will be co-managed by Building Bridges case managers and assigned parole officers. Families will receive substance abuse treatment and mental health services; parenting education and support; life skills and employment education; and coordination of health care and needed social support services, including safe and drug-free housing. Arkansas CARES expects to serve around 30 families in the program in the first year.



UAMS Says Goodbye to Child Study Center Building, But Not to Child Psychiatry



Not long after the Child Study Center opened in 1969, John "Pete" Peters, M.D., and his son, Phillip, planted trees around the new building. The now-stately pines and the building must soon be removed to make way for campus expansion, but the roots of child psychiatry, nurtured by Peters, Sam Clements, Ph.D., and others have grown beyond the building and are thriving under the care of the UAMS Department of Psychiatry.

"It was an uphill battle," Peters said recently of the effort to build the Child Study Center. Peters has retired to Hope, Ark., but spent an afternoon remembering his work as the first child psychiatrist in Arkansas and the director of the Division of Child and Adolescent Psychiatry.

Peters and others knew there was a great need for pediatric mental health services in the state, but in the general public, mental health was seen as an adult problem. "Everyone was resistant to me, but they liked to have me come and talk," he said, laughing. Eventually, a collaborative effort led to a \$1 million federal grant for the facility.

The Child Study Center was the base of the child component of the Greater Little Rock Community Mental Health Center. The center provided outpatient services, consultations for

children from across the state and educational services in a classroom setting for children from the three school districts in Pulaski County.

"It was a wonderful place, better than I had envisioned," Peters remembered of the bustling center filled with children, teachers, medical students, social workers, psychologists and psychiatrists. He said there was nothing else like it anywhere, and it soon became a model for the nation. "There were days when Sam and I were working together; it was just wonderful," he said, remembering the innovative services and cutting-edge research developed at the center. Peters



stayed in contact with many of his patients through the years and said many did well in life, at least in part to the services they received in their youth.

Pat Youngdahl, Ph.D., assistant professor in the department, remembers, "They had a very good partnership. Pete and Sam had many great ideas, and their personalities and skills complemented each other."

Children would come on buses from public schools and file into classrooms in the bottom floor of the building.

A playground, tennis courts and a basketball court surrounded the center. Part of the hospital's seventh floor was designated



Peters also talked about the many contributions volunteers made. Several people from the community worked to raise money for the center and the playgrounds. The Scottish Rite Freemasons gave the center \$5,000 a year for 10 years. The Working Women's Home and Day Nursery Center also supported the center and created a chair for the Division of Child and Adolescent Psychiatry.

"It was a study center, as well as a service," Peters said of how the school setting allowed the researchers to collect information while providing clinical services.

The center was a launching pad for many projects, and Peters and Clements traveled the globe, from Greece to Saudi Arabia to Australia, sharing information about the center and their research into attention deficit hyperactivity disorder, which was then identified as minimal brain dysfunction.

In 1988, the Child Study Center outgrew its walls and moved to Arkansas Children's Hospital, where the program still provides services to children from across the state. Adolescents now are seen at the Blandford Physician Center on the St. Vincent Infirmiry campus.

for children who spent the day at the Child Study Center and slept in the hospital. While the center treated many children with varying disorders, Peters said he didn't recall any major conflicts between the children.

"There was a lot of education going on at the center, even in the summer," Peters said, remembering how teachers from the school districts would come in to learn how to work with children with learning disabilities. A summer program for the children included arts and crafts and music and culminated with a program at the end of the session for their parents.