



Northeastern Ohio Universities  
COLLEGES OF MEDICINE & PHARMACY

Department of Psychiatry

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Mark R. Munetz, M.D.

### **MESSAGE FROM THE CHAIR:**

This year marks the 30<sup>th</sup> anniversary of the Department of Psychiatry at NEOUCOM. I have asked Dr. John Kuehn, recently appointed Clinical Professor Emeritus of Psychiatry and a founding member of our department, to share a bit of history with us. I thank Dr. Kuehn for his thoughtful comments, which can be found on page three of this newsletter.

Dr. Kuehn and the founding members of our department have certainly witnessed many changes in the past 30 years – both in the field of psychiatry and in the size and scope of NEOUCOM's Department of Psychiatry. The original Psychiatry Council had nine members. Today, more than 130 practitioners from our partner institutions volunteer their time and expertise to teach and mentor our students and residents. Our clerkships and our residency program are ably led by Dr. Lori Pittinger and Dr. Joseph Varley, respectively. Our department continues to emphasize the importance of integrating the latest advances in neuroscience, pharmacotherapy and psychotherapy to promote optimal recovery – as it has since its beginnings.

Because access to and coordination of care have such significant effects on mental health outcomes, our department is also working to improve mental health systems and delivery in northeast Ohio. The Department of Psychiatry is home to the Ohio Criminal Justice Coordinating Center of Excellence (CJ/CCoE), which was established by a grant from the Ohio Department of Mental Health to the County of Summit Alcohol, Drug Addiction and Mental Health Services Board in May 2001. The CJ/CCoE, promotes jail diversion alternatives and the use of the Sequential Intercept Model to assist communities in systematically approaching efforts to divert people with mental disorders from unnecessary arrest and incarceration.

Our department also coordinates a program titled *Building Collaborative Partnerships: Campus Safety in a Mental Health Context*. We received funding from SAMHSA (through the Ohio Department of Mental Health) to award grants to local mental health and recovery boards to provide safety training to Ohio colleges and universities. The Mental Health & Recovery Board of Portage County is providing training to those on our NEOUCOM campus.

Our newest center, the Best Practices in Schizophrenia Treatment (BeST) Center, was established by a very generous grant from The Margaret Clark Morgan Foundation in 2009. The BeST Center's mission is to promote recovery and improve the lives of as many individuals with schizophrenia as possible, by accelerating the implementation and dissemination of effective treatments and best practices. The BeST Center has partnered with Child Guidance & Family Solutions and Community Support Services to initiate a comprehensive treatment program for those who have had a first episode of a psychotic illness. You can read more about this exciting BeST practice on page five of *Free Associations*.

While many things have changed in 30 years, our department's ultimate goal has not. Our ultimate goal, of course, is to ensure our department offers the most appropriate education, research and service so that the people of northeast Ohio have the very best possible mental health care. I thank all of the members of the Department of Psychiatry, both past and present, for sharing our commitment to this goal and for the many ways they contribute to helping us to achieve it.

The Margaret Clark Morgan Foundation  
Endowed Chair in Psychiatry

## THE BEST CENTER WELCOMES NEW STAFF



Hattie Tracy, MSW, LISW, LCDC III, the BeST Center's team leader and family psychoeducator for the comprehensive treatment program for individuals who have had a first episode of a psychotic illness, is passionate about educating people about mental illness to reduce the stigma and myths surrounding mental illness and improving the quality of life for individuals diagnosed with a severe mental illness to promote recovery and resiliency. She earned her master of social work (MSW) from The Ohio State University, and is a Licensed Independent Social Worker and a Licensed Chemical Dependency Counselor. She has extensive experience working in community mental health as a case manager and case management supervisor for individuals with co-occurring disorders with a severe mental illness and a drug and alcohol diagnosis.

Most recently she was the director of emergency services for Ashland County's Appleseed Community Mental Health Center. She ran the 24-hour crisis line and supervised all pre-hospitalization screenings for Ashland County, working with the hospitals, jails and nursing facilities. As a member of Appleseed's leadership team, she also served on the youth crisis response team, as QI/PI chair, clients' rights and grievance officer, forensic monitor and health and safety chair. She assisted in implementing CIT training in Ashland County and provided education about mental illness at the county jail, nursing homes, rest homes and colleges.

She is a member of the NAMI Board of Ashland County and a volunteer for the Ashland County Rape Crisis and Domestic Violence Safe Haven.

She resides in Ashland County with her two dogs, Dublin and Crawl.

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Carole Harwood joined the BeST Center as communications and development manager on November 9, 2009. Her name may be familiar to readers of the *NEOUCOM Magazine*. In her previous position as coordinator of public relations in NEOUCOM's Division of Institutional Advancement, she made frequent contributions to the magazine and she and her camera made regular appearances at University events.

Carole has a longstanding interest in improving care for individuals with schizophrenia and other mental illnesses. She is intrigued and excited by the concept and plans for the BeST Center and the hope that the BeST Center offers to individuals affected by mental illness and their families-she calls it the BeST kind of hope.

Prior to joining NEOUCOM, Carole worked at Kent State University in public relations and marketing and admissions. While working at Kent State, Carole met Gary Harwood while on assignment. And the rest, as they say, is history.

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Melanie Matsouris joined the BeST Center as the Administrative Assistant. For the past nine years she was the administrative assistant to the senior pastor of a large Protestant congregation. This position allowed her to grow personally and professionally, especially in the areas of organizing, planning and implementing programming. She loves people and enjoys building relationships and helping other to recognize their gifts and talents.

Melanie is the middle child of three siblings. She grew up in North Jackson, Ohio, and still resides there.

She enjoys spending time with her family and friends and working out. She loves all sports, but especially, bowling and playing softball in a women's league.

Melanie is very excited to be a part the BeST Center and she looks forward to using her skills in new and exciting ways that will allow her to grow and to add positive value to the mission of the BeST Center.

## CELEBRATING 30 YEARS OF PSYCHIATRY AT NEOUCOM

### *A Brief Recollection of the Brave New World of NEOUCOM Psychiatry* by John L. Kuehn, M.D.

NEOUCOM was established in November 1973. It was governed by a board of nine trustees from Kent State, Akron and Youngstown State universities. The first office was at the Kent State campus. NEOUCOM was an English-style, six year, B.S./M.D. medical school. The "Council" on psychiatry was established by Drs. Robert Liebelt and Louis Kacalieff and had its first meeting in July 1979. The first Chair of Psychiatry was Dr. Kacalieff (acting). Dr. Liebelt picked the Australian psychoanalyst, Solomon Levin, to be the first full-time chairman of Psychiatry. He was initially stationed at Fallsview State Hospital. He had previously been Chairman of Psychiatry at McMaster University, Hamilton, Ontario. The charter class, which entered in 1975, was first taught psychiatry by Dr. Levin at Fallsview. Other early candidates for chair took up residency at Akron General (Dr. Clemente), Akron City (Dr. Hodge), and Canton Medical Education Foundation-Aultman/Timken Hospitals (Dr. Kuehn). Dr. Levin hired a brilliant teacher, Eric Baum (shortly, tragically deceased), who succeeded him at Fallsview when Dr. Levin moved his office to Akron General.

The Psychiatry Council was composed of representatives from the seven founding hospitals that had in-patient units where the clerkships would be conducted. The Council met at least monthly and rotated meeting at these hospitals, and it had two standing committees: "undergraduates" (medical students) and "graduates" (Psychiatry Residencies: Program 1-Private Practice based; Program II - public Psychiatry based). Later, Student Mental Health and Post-Graduate (CME) committees were formed. Before he retired, Dr. Kacalieff appointed his Child Psychiatry colleague, Chris VanDevere, as first Clerkship Director. Dr. Hodge became director of the "Psychiatry Residency Program 1. After Dr. Levin took over and developed a close relationship with Dr. Kuehn, he succeeded Dr. VanDevere. Council was a "horizontal" organization, functioning "primes inter pares-first among equals"; or, as Dr. Liebelt put it, "The cream will rise to the top."

Much time was given over to open-end brain storming, and later, "sample teaching." We were expected to give a brief "lecturette" on our teaching style which was then critiqued by other council members. An interesting addition to the charter clinical faculty was Senior Psychoanalyst David Crocker, from the Cleveland Psychoanalytic Institute. He initially mentored some charter faculty in the teaching and learning of psychotherapy. He had studied with Anna Freud!

Our first textbook was PSYCHIATRY: ESSENTIALS OF CLINICAL PRACTICE by the distinguished English psychiatrist, Ian Gregory. When I was Clerkship Director, I had the inaugural class read "Freud's Clark Lectures: "An Introduction to Psychoanalysis," "Mourning and Melancholia," "The Problem of Anxiety," and "Two Principles of Mental Functioning." In those days, psychiatry was (mostly) "brainless" now it seems to be mostly "mindless."

## NOTABLE ACHIEVEMENT

Congratulations to the following NEOUCOM psychiatry faculty members who were named as Best Doctors 2009 (as reported in *Life & Leisure Akron*, December 2009):

- **Steven Jewell, M.D.**, Child and Adolescent Psychiatry, Child Guidance & Family Solutions
- **John A. Kasper, Jr., M.D.**, Geriatric Psychiatry, Summa Health System
- **Melodie Morgan-Minott, M.D.**, Psychiatry, Robinson Memorial Hospital
- **Moshe S. Torem, M.D.**, Psychiatry, Akron General Medical Center

## WHAT IS THE CJ/CCoE?

The Ohio Criminal Justice Coordinating Center of Excellence (CJ/CCoE) provides technical assistance to communities in Ohio related to the initiation and maintenance of Crisis Intervention Team (CIT) programs. CIT is a pre-arrest diversion program for law enforcement officers and other emergency first responders. Volunteer officers participate in 40 hours of training to recognize the signs and symptoms of mental illness, engage in active listening and crisis de-escalation, and become acquainted with community mental health agencies, resources and staff. CIT-trained officers are encouraged to link individuals in crisis to the mental health system as a preferred alternative to arrest when the behavior is non-violent and thought to be the result of mental illness.

The CJ/CCoE encourages communities throughout Ohio to forge collaborative relationships between mental health, criminal justice and consumer advocate stakeholders so that individuals with mental illness receive the care they need. Since 2001, the CJ/CCoE has provided technical assistance and support to community CIT programs in Ohio. One of our most notable successes has been the widespread adoption of CIT for law enforcement officers and other first responders. To date, Ohio has 3,605 CIT officers in 71 (of 88) counties - that is about 11 percent of all law enforcement officers in the state.

To celebrate Ohio's successful development and continuing promotion of CIT programs, the CJ/CCoE recently released a brief video on CIT titled "Ohio's Crisis Intervention Team (CIT) Initiative." The video presents an overview of CIT and can be used as a brief introduction of the program at the beginning of the training. We also hope that the video will help communities that have not yet adopted CIT to better understand the value of the program. We are planning a "Popcorn Party" in February for the NEOUCOM community to view the video and engage in a discussion about CIT, the CJ/CCoE and jail diversion.

For more information on the CJ/CCoE, please contact Natalie Bonfine, Center Coordinator, at 330-325-6182, or visit our web site at: <http://cjccoe.neoucom.edu>.

## SELECTED PRESENTATIONS AND PUBLICATIONS

**Mark R. Munetz, M.D.**, presented with **Chris Paxos, Pharm.D.**, "*What's New With Psychiatric Medication?*" at the 2<sup>nd</sup> Annual RSVP Recovery Conference in Wooster, Ohio on September 30, 2009.

**John L. Kuehn, M.D.**, presented "*Past Forgetting: A Review of Dementia*" at Genesis HealthCare System in Zanesville, Ohio on September 24, 2009.

**Lynn Klimo, M.D.**, presented "*Paradigm Shift towards Holistic Therapies*" at the Insight Learning & Wellness Center, LLC STAR Institute of Ohio, Family Wellness Weekend in Warrensville Heights, Ohio, on October 3, 2009.

**Ali Saharkhiz Langroodi, D.O.** poster presentation "*A Case of Foxglove Poisoning*" at the 56<sup>th</sup> Academy of Psychosomatic Medicine meeting in Las Vegas, Nevada, in November 2009.

**Herman Lon C.**, Book Review: "Schizophrenia: Cognitive Theory, Research, and Therapy," *Psychiatric Services* 60:10, October 2009

## **BeST Center Partners with Summit County Agencies to Initiate Comprehensive Treatment Program for Individuals with a First Episode of a Psychotic Illness**

The Best Practices in Schizophrenia Treatment (BeST) Center in NEOUCOM's Department of Psychiatry has joined with Child Guidance & Family Solutions and Community Support Services to begin a comprehensive treatment program for individuals who have had a first episode of a psychotic illness. The treatment, which will be delivered by a team of mental health professionals, will include medication management, individual resiliency training, family psychoeducation and supported education/employment. Treatment for the first episode of a psychotic illness program will begin in January 2010 at Child Guidance & Family Solutions' Locust Street office in Akron.

"Unfortunately, many individuals with schizophrenia are often not diagnosed and treated until their illness is well-established," says Mark R. Munetz, M.D., NEOUCOM's Margaret Clark Morgan Endowed Chair of Psychiatry. "Given current knowledge of the course of schizophrenia, the best chance for improving a discouraging prognosis may be to intervene aggressively following the first episode of a psychotic illness."

"This first episode of a psychotic illness program will involve incorporating a full range of treatment options in a systematic way," says BeST Center Director Lon C. Herman, M.A. "The hope is that this coordinated, individualized and sustained approach will make it possible for more people with schizophrenia to return successfully to work and school, live independently and move forward with their lives."

Members of the treatment team for individuals who have had a first episode of a psychotic illness are: Hattie Tracy, MSW, LISW, LCDC III, Team Leader and Family Psychoeducator; Steven Jewell, M.D., Medical Director; Kenneth Buzzelli, LISW, LICDC, Individual Resiliency Trainer; Vera Buk-Bjerre, Ph.D., Individual Resiliency Trainer; and Kevin McCreary, MFA, Supported Employment/Education Specialist.

"We are working with Child Guidance & Family Solutions to identify individuals who are between the ages of 16-40 who have had a first episode of psychotic illness within the past 18 months,"

says Tracy. "We are meeting with representatives from hospitals, psychiatric intake and response centers, primary care physicians' offices, schools, the clergy and shelters and others to ask for help identifying people who have had a first episode of a psychotic illness."

This first episode of psychotic illness program was initiated when the BeST Center invited to participate as one of four national pilot sites for the National Institute of Mental Health's (NIMH) Recovery After an Initial Schizophrenic Episode (RAISE) project, a large-scale research endeavor to explore the effectiveness of using early, comprehensive and aggressive treatment for schizophrenia. RAISE seeks to fundamentally change the way schizophrenia is treated by developing and testing innovative and coordinated intervention approaches in the early stages of the illness.

Two RAISE research groups are working in parallel to develop and test potential intervention approaches. One group is being led by John M. Kane, M.D., of the Zucker Hillside Hospital, Feinstein Institute for Medical Research, Manhasset, N.Y. The BeST Center was selected as one of four national pilot sites and has partnered with Dr. Kane's research team, which is called the Early Quality Intervention Program (EQUIP). Another group is led by Jeffrey Lieberman, M.D., of the Research Foundation for Mental Hygiene, Inc., New York City.

The BeST Center issued a request for clinical partners and selected Child Guidance & Family Solutions to join in bringing the program to Northeast Ohio. Team members attended an intensive training session in New York from November 16-19. The team will have access to national experts for the duration of the project period.

"We need to have nine people for the EQUIP pilot study, but we will provide treatment to everyone between the ages of 16-40 who has had an initial episode of a psychotic illness in the past 18 months. Our first episode of a psychotic illness program is intended to be a self-sustaining program and to continue beyond the duration of the EQUIP pilot project."

**BeST Center Partners with Summit County  
continued**

“This comprehensive treatment program offers an opportunity to make a very significant impact on the recovery and resiliency of individuals who have had a first-episode of a psychotic illness and their families,” says Dr. Jewell. “Every member of the team looks forward to contributing to the development of this BeST practice.”

For more information or to make a referral, please call 330-325-6695 or 234-788-1646 or e-mail [htracy@neoucom.edu](mailto:htracy@neoucom.edu).



*Members of the comprehensive treatment team for a first episode of a psychotic illness, are, first row, from left, Hattie Tracy, MSW, LISW, LCDC III, BeST Center Consultant/Trainer, team leader and family psychoeducator; Steven Jewell, M.D., CG&FS medical director, Sylvia Tomecka, B.Ed., CSS, supervisor for Supported Employment/Education. Back row, from left, Kenneth Buzzelli, LISW, LICDC, CG&FS, Individual Resiliency Trainer; Kevin McCreary, B.A., MFA, CSS, Supported Education/Employment Specialist; Vera Buk-Bjerre, Ph.D., CG & FS, Individual Resiliency Trainer*

**HAPPY HOLIDAYS AND BEST WISHES FOR A WONDERFUL NEW YEAR**



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