ACADEMIC UPDATE

2017

PROFESSIONALISM AND LEADERSHIP

ADVANCING SCIENCE

EDUCATIONAL EXCELLENCE

CLINICAL INNOVATION

COMMUNITY COMMITMENT & ENGAGEMENT

ACADEMIC UPDATE

Department of Psychiatry and Behavioral Sciences
## Contents

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The information presented in this update represents data as of March 1, 2017.
Together, we are creating a new paradigm for modern psychiatry. This transformational approach to psychiatry at Stanford differs in its intention, which moves beyond understanding and eradicating disease toward the imperative of fostering health, resilience, and wellbeing. This transformational new psychiatry differs in that it is much more richly informed by extraordinary scientific discoveries and, at the same time, by an appreciation of the ancient role of the therapeutic relationship in human healing.

Our approach to psychiatry is driven by innovation -- combining novel approaches and technologies to tackle the hardest challenges in the laboratory, clinic, and community. Our transformational new approach exists because of the acceleration of work by scientists, scholars, educators and learners in many academic disciplines. Rapidly translating great science and dismantling societal barriers, our work seeks to revolutionize standards of care for millions of people burdened by mental disorders. This is an expression of Precision Health and Wellness, the strategic vision of Stanford Medicine, and it is ambitious. We are transforming human health.

We have arrived at this moment because of the creativity, tenacity, and clarity of purpose of our academic community. We all have a role in advancing science, clinical innovation and service, educational excellence, community commitment and engagement, and professionalism and leadership. These missions, taken together, become a transformative methodology and have become the basis of The Transformational New Psychiatry at Stanford.

Laura Roberts, M.D., M.A.
Chairman and Katharine Dexter McCormick and Stanley McCormick Memorial Professor
Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine
Our aim is to enable great science, prepare great people, and inspire a great society to create a better future for all whose lives are affected by mental illness.

The Department of Psychiatry and Behavioral Sciences of Stanford Medicine has a great tradition of fundamental science, translational and clinical research, subspecialty expertise, multidisciplinary education, and influential leadership. Our faculty members are highly accomplished scientists, master clinicians, teachers, and community-engaged leaders with transformative impact across many disciplines of science, medicine, and health policy. Our work spans and integrates five interdependent academic missions of advancing science, clinical innovation and service, educational excellence, community commitment and engagement, and professionalism and leadership.

Advancing truly transformative science of significance to human health, now and in the future, is clearly Stanford Medicine’s most important role throughout the world. The capacity of our department – one of the largest at Stanford University – to conduct great science and to connect this creative and influential work with our other academic missions is what distinguishes us and continues to inspire us.

Our department is inspired.

Together we have created a truly distinguished department.

Academic medicine is entrusted with human health.

Academic medicine is entrusted with improving the health of individuals, communities, and populations. And in academic psychiatry and the behavioral sciences, we have a special responsibility to advance understanding of the nature of the brain and of behavior and to explore the role of personal meaning and the therapeutic relationship in human health -- not only to lessen the burden of disease in the world but also to foster wellbeing, resilience and strengths for generations to come.

Building on the remarkable accomplishments of the past, together we have established a great modern academic department, integrating and accelerating our five missions of advancing science, clinical innovation and service, educational excellence, community engagement and commitment, and professionalism and leadership. And together we are making a difference in the lives of our patients, our students, our neighborhood, and our world. It is my privilege to serve with you in leading this department. With deep respect and my heartfelt thanks to my colleagues throughout our department, I offer these reflections on what is distinct about our academic home.

We are a community dedicated to transformational change and social good. We understand the impact of mental illnesses, which are the second leading cause of disability and premature mortality globally, and we are deeply affected by the immense suffering and social injustices associated with these conditions. We see that the path to health for people and populations is enabled by creating and applying new knowledge, by engaging in innovation, and by preparing future generations of scientists and clinicians. Each of us, whether faculty, learner, or staff, is passionate about our work because we recognize its vital importance to humanity -- to all of our health and futures.
We aim to cure mental illness. We advance understanding of the body’s most complex organ, the brain: its biological underpinnings, its functions, its development, its plasticity, its regulation, its dysfunction, its vulnerabilities, its aging, and its resilience. We study cognition, behavior, emotion, and relationships. We use this knowledge to develop evidence-based treatments, and with compassion and expertise we care for individuals living with prevalent, severe, and often highly treatment-resistant conditions. Our work informs clinical practices, systems of care, and health policy to reduce disability, loss of life, and stigma. We do not turn away from the hardest problems. Instead we move toward them. We understand that resolving the hardest problems will make the greatest difference.

Our department is a hothouse of creativity. Our scientists develop highly innovative approaches to discovery at every level in the clinical and behavioral neurosciences, thereby exerting scientific leadership throughout the world. In our laboratories, the molecular, cellular, and circuit mechanisms of mental disorders are being decrypted with leading-edge technologies like optogenetics, patient-derived pluripotent stem cells techniques, neurocomputational-imaging models, e-health inventions, and more. Breakthroughs are translated to clinics, communities, and populations and accelerated by the latest approaches using big data analytics, design thinking, implementation science, and wisdom derived from collaboration across disciplines and spheres of life. Today, our faculty and trainees engage in ingenuity and innovation, transforming clinical methods and models of care across many nations. For tomorrow, we have built a pipeline of creative and critical thinkers whose work will advance knowledge and health beyond what we can now imagine.

Our department is a community in which we value all people. We are a community defined by our commitment to respect and to inclusiveness. We embrace diversity for its intrinsic value, not merely accepting differences among us but cherishing them as the opportunity for greater mutualism, demonstrations of authentic regard, and growth of our community. We promote the wellbeing of others and take joy in one another’s success. We love our students, mentees, and trainees, and we are saddened by the hardships we see that are associated with stigma, unconscious bias, and disparities. We are present and compassionate in our work, helping others, whether in our neighborhood or around the world, to bear the suffering that comes with illness, loss, and trauma. We engage in work that fosters health and a sense of belonging, even for those who are most marginalized in society.

Our department takes on the hardest problems. We are a network of scientists, clinicians, educators, trainees, and staff with the shared intent to make a difference through our efforts in science, clinical care, education, the community, and leadership. We form research collaborations across the Stanford campus, we participate in and lead professional organizations, we teach at every level in the university, and we lecture internationally. As educators, we endeavor to bring forward the best in our gifted students through mentorship and rich collaborative learning experiences. We provide care in all parts of Stanford Medicine, with its continuum of care, outreach activities, and civic responsibilities. We join public health efforts in Palo Alto and across the globe. We work together, shoulder to shoulder, making intentional connections across the five interdependent missions of the department, as the prime strategy for transformative change.

Our department is creating the path to a better future. Our department is home to leaders, innovators, and learners creating the path to a better future. The attributes that distinguish the department are many, and I have highlighted just a few. Being inspired, creative, and collaborative. Being drawn to the hardest problems, intellectually and personally. Making connections. Valuing all people. Always seeking to make a difference in the present, and yet always understanding our role in academic medicine as stewards of tomorrow. Seeking to bring about transformative change. Every one of us, no matter our circumstance, is touched by the personal and societal impact of mental illness. The leaders, innovators, and learners of our department understand this. We envision a better world – a world of improved health and lessened burdens of mental illness. We imagine a future in which children, adults, and elders live each day well and encounter life’s inevitable challenges with strength. And we are creating the path to this better future.
Department Snapshot

#10 ranked psychiatry department in the US for NIH funding in 2016

117% increase in clinical activity since 2010

6,000+ total learners FY16

Top 12 psychiatry residency program in 2015 and 2016 ranking by US News/Doximity

72,651 visits in departmental clinics in FY16

100% of ACGME and APA training programs with maximum years of accreditation

206 current competitively funded projects and agreements

4 and 10 members of the National Academy of Sciences and the Institute of Medicine

650+ publications by department faculty in 2016

11 endowed professorships in the department

15% of residents and postdocs identify as underrepresented minorities

86k square feet of department space

14 faculty with K-awards

100% on-time performance for academic affairs since 2010

7100+ patients seen in the adult clinic in CY16

30% of department faculty identify as minorities

100% of ACGME and APA training programs with maximum years of accreditation

11 endowed professorships in the department

86k square feet of department space

14 faculty with K-awards

100% on-time performance for academic affairs since 2010

7100+ patients seen in the adult clinic in CY16

30% of department faculty identify as minorities

650+ publications by department faculty in 2016

11 endowed professorships in the department

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7100+ patients seen in the adult clinic in CY16

30% of department faculty identify as minorities
Academic medical centers have a special opportunity to promote, model, and encourage professionalism and leadership in all aspects of our work with students, patients, peers, and superiors. Professionalism in our Department means not only acquiring specialized knowledge of psychiatric care and treatment, though this is absolutely critical, but also promoting competency, integrity, self-regulation, and accountability in all clinical, academic, and administrative endeavors. Professionalism aligns with our mission of building leadership competency.

Leaders should embody professionalism, but leadership encompasses more than professionalism alone. Leadership requires the ability to articulate a vision, while supporting and empowering others to engage in and critically reflect on that vision and the actions taken to accomplish it. In our Department, the attitudes, knowledge, and skills necessary for leadership are developed in collaboration with other important missions related to patient care, training, research, and community engagement.

26% of tenure line faculty are women (up from 8% in FY10)

36% of department leadership team are women and/or identify as minorities

Cheryl Gore-Felton, PhD  Jim Lock, MD, PhD  Alan Louie, MD  Heather Kenna, MA, MS
Department Leadership Team

Laura Roberts, MD, MA  
Chair and Division Co-Chief, Public Mental Health and Population Sciences

Steven Adelsheim, MD  
Associate Chair - Community Commitment and Engagement

Bruce Arnow, PhD  
Associate Chair - Psychology and Psychology Training and Division Co-Chief, General Psychiatry and Psychology

Sallie De Golia, MD, MPH  
Associate Chair - Clinician Educator Professional Development

Karl Deisseroth, MD, PhD  
Associate Chair - Scientific Innovation and Collaboration

Victor Carrion, MD  
Vice Chair

James Lock, MD, PhD  
Associate Chair - Professionalism and Leadership

Alan Louie, MD  
Associate Chair - Education

Robert Malenka, MD, PhD  
Associate Chair - Scientific Discovery

Emmanuel Mignot, MD, PhD  
Division Chief, Sleep Medicine

Cheryl Gore-Felton, PhD  
Associate Chair - Administration

Bruce Arnow, PhD  
Associate Chair - Psychology and Psychology Training and Division Co-Chief, General Psychiatry and Psychology

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Alan Louie, MD  
Associate Chair - Education

Robert Malenka, MD, PhD  
Associate Chair - Scientific Discovery

Emmanuel Mignot, MD, PhD  
Division Chief, Sleep Medicine
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- Steven Adelsheim, MD
- Victor Carrion, MD
- Brian Donnellan, MBA
- Antonio Hardan, MD
- Chris Hayward, MD, MPH
- David Hong, MD
- Jim Jacobs, MD, PhD
- Brett Kelly, MBA
- Heathen Kenna, MA, MS
- Clete Kushida, MD, PhD
- Tina Lee, MD
- Alan Louie, MD
- James Lock, MD, PhD
- Douglas Noordsy, MD
- Maurice Ohayon, MD, DSc, PhD
- Leanne Williams, PhD

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- Marylene Cloitre, PhD
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- Anna Lembitke, MD
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- Alan Louie, MD
- Lawrence McGlynn, MD
- Rachel Mariner, PhD
- Michael Ostacher, MD, MPH
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- Craig Rosen, PhD
- Joy Taylor, PhD
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- Michael Ostacher, MD
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- Tasha Soutter, MD
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- Sarah Yasmin, MD

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- Tina Lee, MD
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- Sherry Beaudeau, PhD
- Mahendra Bhat, MD
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- Shannon Wilsey-Stirmman, PhD

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- Chuck DeBattista, MD, DMD
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- Laura Dunn, MD
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- Malathy Kuppuswamy, MD
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- Margaret May, MD
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- Tasha Soutter, MD
- Sarah Yasmin, MD

### Education Leadership and Integration Advisory Committee
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- Tina Lee, MD
- Margaret May, MD
- Michael Ostacher, MD
- Divy Ravindranath, MD
- Tasha Soutter, MD
- Sarah Yasmin, MD
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- Sherry Beaudeau, PhD
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- Sharon Williams, PhD
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- Grace Gengoux, PhD
- Carlos Greaves, MD
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Senior Clinical Financial Analyst
Lov Hong Tan

Clinical Financial Analyst
John Chow

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Fellowship Coordinator
Sherry Vega

Human Resources Associate
Sandra Day

Human Resources Associate
Denise Knab

Human Resources Associate
Linda Vargas

Human Resources Associate
Xanthie Cook

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Web and Communications Administrator
Mindy Hantke

Faculty Affairs Administrator
Sabrina Ahmad

Administrative Associate
Norma Costello

Adult Residency Coordinator
Mario Mercurio

Child Residency Coordinator
Ola Golovinsky

Medical Clerkship Coordinator
Quynh Dang

Fellowship Coordinator
Romola Breckenridge

Administrative Associate
Stephanie Egan

Administrative Associate
Breana Dinh

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Stephanie Lettieri, MBA

Research Administrator
Carlos Perez

Senior Manager of Clinical Research
Eileen Leary

**FACILITIES AND OPERATIONS**
Director of IT and Facilities
Jake Foraker

Facilities Specialist
Cha-Yu Cardell

**Director of IT and Facilities**
Jake Foraker

**Facilities Specialist**
Cha-Yu Cardell

**Director of Finance and Clinical Operations**
Brett Kelly, MBA

**Senior Clinical Financial Analyst**
Lov Hong Tan

**Clinical Financial Analyst**
John Chow

**Director of Human Resources**
Roxane Meade

**Fellowship Coordinator**
Sherry Vega

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Sandra Day

**Human Resources Associate**
Denise Knab

**Human Resources Associate**
Linda Vargas

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Xanthie Cook

**Director of Research Development, Integrity, and Strategy**
Aimee-Noelle Swanson, PhD

**Director of Research Finance**
Sarah Saya Hernandez

**Senior Finance Manager**
Rebecca Shreve

**Senior Finance Manager**
Divya Sharma

**Senior Finance Manager**
Tawny Mount

**Senior Finance Manager**
Linda Thomas

**Senior Finance Manager**
Me Rogers

**Finance Manager**
Jenny Zhang

**Accountant**
Jessica Liu

**Accounting Associate**
Sherrie Zheng

**Director of Faculty Affairs and Strategic Planning**
Heather Kenna, MA, MS

**Web and Communications Administrator**
Mindy Hantke

**Faculty Affairs Administrator**
Sabrina Ahmad

**Administrative Associate**
Norma Costello

**Adult Residency Coordinator**
Mario Mercurio

**Child Residency Coordinator**
Ola Golovinsky

**Medical Clerkship Coordinator**
Quynh Dang

**Fellowship Coordinator**
Romola Breckenridge

**Administrative Associate**
Stephanie Egan

**Administrative Associate**
Breana Dinh

**Director of IT and Facilities**
Jake Foraker

**Facilities Specialist**
Cha-Yu Cardell

**Director of Finance and Clinical Operations**
Brett Kelly, MBA

**Senior Clinical Financial Analyst**
Lov Hong Tan

**Clinical Financial Analyst**
John Chow
Department Faculty

Elias Aboujaoude, MD, MA
Clinical Professor

Daniel Abram, PhD
Instructor

Emily Ach, PhD
Clinical Assistant Professor

Steven Adelsheim, MD
Clinical Professor

Sarah Adler, PsyD
Clinical Assistant Professor

Mahendra Bhati, MD
Clinical Associate Professor

Justin Braman, MD
Clinical Professor

Thaddeus Block, MD
Clinical Instructor

Cara Bohren, PhD
Assistant Professor

Michelle Brown, PhD
Clinical Associate Professor

William Stewart Agras, MD
Emeritus (Active)
Professor

Ronald Albocher, MD
Clinical Associate Professor

Amy Alexander, MD
Clinical Assistant Professor

Bruce Arnow, PhD
Professor

Rania Awaad, MD
Clinical Instructor

Jennifer Bruno, PhD, MA
Instructor

Kim Bullock, MD
Clinical Associate Professor

Weidong Cai, PhD
Instructor

Michelle Cao, DO
Clinical Associate Professor

Victor Carrion, MD
Professor

Sepideh Bajestan, MD, PhD
Clinical Assistant Professor

Jacob Balton, MD, MPH
Clinical Assistant Professor

Belinda Bandstra, MD, MA
Clinical Assistant Professor

John Barry, MD
Professor

Fiona Barwick, PhD
Clinical Assistant Professor

Regina Casper, MD
Emeritus (Active)
Professor

Erin Cassidy Eagle, PhD
Clinical Associate Professor

Kiki Chang, MD
Professor

Sundar Chetty, PhD
Instructor

Joseph Cheung, MD, MS
Clinical Instructor

Kevin Bae, PhD
Instructor

Anna Bernham, MD
Clinical Professor

F. Christian Bennett, MD
Instructor

Michals Berk, PhD
Assistant Professor

Rebecca Bernat, PhD
Assistant Professor

Danielle Coborn, PhD
Clinical Assistant Professor

Latoya Corner, PhD
Clinical Associate Professor

Kate Conran, PhD
Clinical Associate Professor

Victoria Cosgrove, PhD
Clinical Assistant Professor

Katharine Dahl, PhD
Clinical Instructor
Not Pictured

Jessica Crawford, MD
Clinical Instructor

Sara Gandy, MD
Clinical Associate Professor

Sue Kim, MD, MS
Clinical Assistant Professor

Sheila Lahijani, MD
Clinical Assistant Professor

Laura Lazzeroni, PhD
Associate Professor

Andrea Lewallen, PhD
Clinical Instructor

Kristine Luce, PhD
Clinical Associate Professor

Margaret Marnell, PhD
Clinical Associate Professor

Jennifer Alexis Ortiz, PhD
Clinical Instructor

Yasmin Owusu, MD
Clinical Assistant Professor

Janani Venugopalakrishnan, MD
Clinical Instructor

M. Dhyanne Warner, MD, PhD
Clinical Professor

Toniwa Wroolie, PhD
Clinical Associate Professor

Lynne Yudofsky, MD
Clinical Instructor

Emeritus Faculty

Elizabeth Bing, PhD
Emeritus Faculty (Academic Council)

Raymond Clayton, PhD
Emeritus Faculty (Academic Council)

William Dement, MD, PhD, DSc
Emeritus Faculty (Academic Council)

Judith Ford, PhD
Emeritus Faculty (Academic Council)

Ira Glick, MD
Emeritus Faculty

Roy King, MD
Emeritus Faculty (Academic Council)

Helena Kraemer, PhD
Emeritus Faculty (Academic Council)

P Herbert Leiderman, MD
Emeritus Faculty (Academic Council)

Robert Matano, PhD
Emeritus Faculty (Academic Council)

Rudolf Moos, PhD
Emeritus Faculty (Academic Council)

Adolf Pfefferbaum, MD
Emeritus Faculty (Academic Council)

Walton Roth, MD
Emeritus Faculty (Academic Council)

Javaid Sheikh, MD, MBA
Emeritus Faculty (Academic Council)

Craig Barr Taylor, MD
Emeritus Faculty (Academic Council)

NB: We offer a heartfelt apology for an error in the photograph of one of our faculty members in last year’s Annual Update.
Adjunct Clinical Faculty (cont.)

Jerome Hose, MD (Emeritus)  
Adjunct Clinical Associate Professor

Deborah Rose, MD (Emeritus)  
Adjunct Clinical Assistant Professor

Alan Rosenthal, MD  
Adjunct Clinical Professor

Elise Rosster, PhD, MS  
Adjunct Clinical Associate Professor

Jacob Roth, MD  
Adjunct Clinical Instructor

Deborah Rovine, MD  
Adjunct Clinical Instructor

Chad Ruoff, MD  
Adjunct Clinical Instructor

Jonathan Russ, MD (Emeritus)  
Adjunct Clinical Associate Professor

Kenneth Seeman, MD (Emeritus)  
Adjunct Clinical Associate Professor

Nicole Shiloff, PhD  
Adjunct Clinical Assistant Professor

Alan Sidle, MD, PhD (Emeritus)  
Adjunct Clinical Associate Professor

Judith Simon, PhD  
Adjunct Clinical Instructor

Carol Sotnick, MSW, PhD  
Adjunct Clinical Assistant Professor

Michael Smith, PhD  
Adjunct Clinical Assistant Professor

John Simelowe, MD (Emeritus)  
Adjunct Clinical Associate Professor

Suzan Song, MD  
Adjunct Clinical Instructor

Dena Sorbo, LCSW  
Adjunct Clinical Instructor

Mary Jo Spencer, LCSW (Emeritus)  
Adjunct Clinical Assistant Professor

Janet Spraggins, MLU  
Adjunct Clinical Assistant Professor

Nicholas St John, PhD  
Adjunct Clinical Instructor

Sheldon Starr, PhD (Emeritus)  
Adjunct Clinical Associate Professor

Maria-Christina Stewart, PhD  
Adjunct Clinical Instructor

Cary Lee Stone, LCSW (Emeritus)  
Adjunct Clinical Associate Professor

Thomas Tashis, MD  
Adjunct Clinical Assistant Professor

Jacob Towery, MD  
Adjunct Clinical Instructor

Dona Tversky, MD  
Adjunct Clinical Instructor

William Van Stone, MD (Emeritus)  
Adjunct Clinical Associate Professor

Shivani Verma Chmura, MD  
Adjunct Clinical Assistant Professor

Leon Wernerman, MD  
Adjunct Clinical Associate Professor

Saul Wasserman, MD (Emeritus)  
Adjunct Clinical Associate Professor

William Waterfield, Jr, MD (Emeritus)  
Adjunct Clinical Associate Professor

Randall Weingarten, MD  
Adjunct Clinical Associate Professor

Joellen Werne, MD (Emeritus)  
Adjunct Clinical Associate Professor

Barbara White-Huber, PhD (Emeritus)  
Adjunct Clinical Assistant Professor

Dana Wideman, PhD  
Adjunct Clinical Assistant Professor

George Wilkinson, MD  
Adjunct Clinical Associate Professor

William Wittner, MD (Emeritus)  
Adjunct Clinical Associate Professor

Kenneth Woodrow, MD  
Adjunct Clinical Associate Professor

Frances Wren, MB, BCH  
Adjunct Clinical Associate Professor

Gary Wybrandt, MD  
Adjunct Clinical Assistant Professor

Helen Yeni-Komshian, MD  
Adjunct Clinical Instructor

Robert Yoerg, MD (Emeritus)  
Adjunct Clinical Associate Professor

Lenora Yuen, PhD  
Adjunct Clinical Assistant Professor

Kin Yuen, PhD  
Adjunct Clinical Instructor

Adrianna Zimming, PhD  
Adjunct Clinical Associate Professor

Eugene Zukowsky, PhD (Emeritus)  
Adjunct Clinical Associate Professor

Dean Carson, PhD  
Adjunct Lecturer

Alison Darcy, PhD  
Adjunct Lecturer

Sanjay Dube, MBBS  
Adjunct Professor

David Eagleman, PhD  
Adjunct Professor

Wendy Froelich-Santino, PhD  
Adjunct Lecturer

Thomas R Insel, MD  
Adjunct Professor

Leena Khanzode, MD  
Adjunct Lecturer

Brian Klein, MD  
Adjunct Lecturer

Karlo Nikolich, PhD  
Adjunct Professor

Mary Jane Otto, PhD  
Adjunct Lecturer

Joy Pollard, PhD  
Adjunct Lecturer

James Reich, MD, MPH  
Adjunct Professor

Consulting Faculty

Thomas Anders, MD  
Consulting Professor

Jed Black, MD  
Consulting Associate Professor

Mark Buchfuhrer, MD  
Consulting Assistant Professor

Sophia Colamurino, PhD  
Consulting Associate Professor

Steven Harris, MD  
Consulting Associate Professor

William Hewlett, MD, PhD  
Consulting Associate Professor

Paul Insel, PhD  
Consulting Associate Professor

Martin Mumenthaler, PharmD  
Consulting Assistant Professor

Bradley Novak, MD  
Consulting Assistant Professor

Michael Bret Schneider, MD  
Consulting Associate Professor

Allison Siebern, PhD  
Consulting Assistant Professor

Lynn Waelde, PhD  
Consulting Professor

Faculty Lecturers

Kathryn Dewitt, PhD  
Senior Lecturer

David Schrom, JD  
Lecturer
Recognition of Service
2016 Professoriate Retirements

William Dement, MD, PhD

Dr. Dement is a pioneer and international authority in the field of sleep medicine. His illustrious portfolio of work includes the very first studies on the connection between rapid eye movement and dreaming, as well as groundbreaking studies using electroencephalogram (EEG) during sleep. He founded the American Sleep Disorders Association, which later became the American Academy of Sleep Medicine. Dr. Dement also served as chairman of the National Commission on Sleep Disorders Research, whose final report led directly to the creation of a new agency within the National Institutes of Health, the National Center on Sleep Disorders Research. In 1977, he launched what became the leading scientific journal in the field of sleep medicine, Sleep, and served as its Co-Editor-in-Chief for over 20 years. Dr. Dement has been a member of our department faculty since 1962.

Dolores Gallagher-Thompson, PhD, ABPP

Dr. Gallagher-Thompson is world-renowned leader in the field of geropsychology. Her scholarly research has been focused on the development and evaluation of targeted psychosocial interventions for the treatment of late-life depression and distress in family caregivers of older adults with Alzheimer’s disease or other forms of dementia. She is a Founding Fellow of the Academy of Cognitive Therapy and is renowned for her clinical expertise in the area of cognitive behavioral therapy. She was also instrumental in the development of the Stanford Geriatric Education Center, and served as its Director for over 9 years. Dr. Gallagher-Thompson first joined Stanford in 1981, and has been a member of our department faculty since 1988.

Cheryl Koopman, PhD

Dr. Koopman is an internationally recognized researcher who has made significant contributions to understanding stress and health in the social and political context. Her scholarly work has been focused on studies on stress reactions to traumatic exposure, including interpersonal violence, natural disasters, and/or serious illness, such as breast/gynecological cancer, Lyme disease, or HIV/AIDS, in the context of previous life history, risk and resilience factors, and demographic characteristics. Her track record includes extensive national leadership, including past service as President of the International Society of Political Psychology. Dr. Koopman first joined Stanford in 1991, and has been a member of our department faculty since 1996.

Faculty Honors

National Academy of Sciences

Emmanuel Mignot, MD, PhD
Stanford University
Primary: Medical Physiology and Metabolism

Robert Malenka, MD, PhD
Stanford University
Primary: Cellular and Molecular Neuroscience
Secondary: Systems Neuroscience

Institute of Medicine

Michele Barry, MD, FACP
Stanford University School of Medicine
Elected 2002
California

Karl Deisseroth, MD, PhD
Stanford University
Primary: Systems Neuroscience
Elected 2010
California

William Dement, PhD
Stanford University
Elected 1963
California

Helena Chmura Kraemer, PhD
Stanford University
Elected 2003
California

Robert Malenka, MD, PhD
Stanford University School of Medicine
Elected 2004
California

Pictured Alphabetically: Barry, Deisseroth, Dement, Kraemer, Malenka, Mignot, Reiss, Schatzberg, Spiegel, Sudhof
The Annual Chairman’s Awards were initiated in 2012 to recognize faculty in our Department for their exceptional work in one or more of the Department’s interdependent mission areas: advancing science, clinical innovation and service, educational excellence, community commitment and engagement, and leadership and professionalism. We also created the “Unsung Hero” award to recognize individuals who give tirelessly and selflessly to the members and/or missions of the Department. Candidates for the Annual Chairman’s Awards are nominated each year by the faculty and are vetted by the Departmental Advisory Committee on Annual Awards and Nominations before final selections are made by the Chairman.
Psychiatry and Behavioral Sciences

Intentional Model of Academic Excellence

Our Department embraces an intentional model of excellence in modern academic department leadership and organization. Our Department is structured to bring greater academic coherence, organizational alignment and accountability, and transparency to our governance. This configuration also brings new opportunities for increased cross collaboration within the Department and also with other programs in the School of Medicine and the University and with our hospitals and community partners.

In developing strategy and reaching key decisions, the Chair works in close partnership with the Vice Chair, Associate Chairs, Division Chiefs, and the Senior Staff Leadership Team of the Department and with key leaders across the School of Medicine and our affiliated hospitals, Stanford Health Care, Stanford Children's Health, and Palo Alto Veterans Affairs Health Care System. Advisory Committees facilitate and assist in oversight of key departmental functions and responsibilities, such as faculty appointments and promotions, clinical executive and operations, and space use and allocation. We established a Council of Major Laboratories to enhance strategic development and increase representation of scientific perspectives in Department leadership. The Senior Staff Leadership Team continues to evolve, and prioritizes best practices and the highest standards of professionalism.

The fundamental work of the Department occurs in our Divisions, Major Laboratories, and the Chair’s Special Initiatives. The Department has five divisions that have a full academic portfolio with scientific, educational, community, and leadership commitments; the five Divisions are Child and Adolescent Psychiatry and Child Development, General Psychiatry and Psychology, Interdisciplinary Brain Sciences, Public Mental Health and Population Sciences, and Sleep Medicine. Within these Divisions reside many of our highly recognized centers and research programs, such as the Mood Disorders Clinic, Eating Disorder Clinic, and the Stanford Center for Sleep Sciences and Medicine.

The Major Laboratories include the Early Life Stress and Pediatric Anxiety Program, the Personalized and Translational Neuroscience Lab (PanLab), the Program on Genetics of Brain Function, the Nancy Friend Pritzker Laboratory, the Stanford Cognitive and Systems Neuroscience Lab, the Center on Stress and Health, the SRI Alcohol Research Program, and the Neurobiology of Brain States Lab. The major laboratories engage in scientific discovery, mentorship, and training and often work closely with the clinical, education, and community programs of the Department. The Special Initiatives of the Chair are novel and diverse academic activities of special priority to the Department, such as Community Outreach Activities, Precision Mental Health, Humanities and Medicine, and The Stanford Center for Youth Mental Health and Wellbeing.

New Clinical Dashboard

Sally Scientist MD PhD

March 2017

Department of Psychiatry and Behavioral Sciences: Research Snapshot

Project Name                                           Funded By       Award     NIH     Date of Initiation     Date of Completion     Award Amount / Amt     FY17 % PI     FY17 % Sq Ft

- Quietus for the next generation of zombies
  - SFARI 2016
  - 07/01/15 - 06/30/17
  - 178,000
  - 142,400
  - 35,600

- Youth zombie engagement with Facebook and sleep quality
  - NIH (R21) 2016
  - 07/01/15 - 01/31/17
  - 425,000
  - 275,000
  - 150,000

- Sleepiness in zombies with anxiety and depression
  - NIH (R21) 2016
  - 05/01/12 - 04/30/15
  - 425,000
  - 419,000
  - 6,000
  - 0

- Under Review
- Active
- Projects Completed in the Last 24 Months
- Quietus for the next generation of zombies
- Youth zombie engagement with Facebook and sleep quality
- Sleepiness in zombies with anxiety and depression

Department of Psychiatry and Behavioral Sciences:

Fiscal Year 17 Designated, Gift, Endowment Funds As of 1/31/2015

- Current iSpace allocation

- Projects completed in the last 24 months
- Projects under review
- Projects active

2017 Publications (Scopus/PubMed)

- Last Name, First name

- 271
- 545
- 834
- 1,016
- 1,136
- 1,612
- 2,175
- 2,531
- 105%

- 2,862

- 2017 Publications (Scopus/PubMed)

- Sally Scientist MD PhD

- March 2017

- Department of Psychiatry and Behavioral Sciences: Research Snapshot

- Project Name

- Funded By

- Award

- NIH

- Date of Initiation

- Date of Completion

- Award Amount / Amt

- FY17 % PI

- FY17 % Sq Ft

- Projects completed in the last 24 months

- Projects under review

- Projects active

- 2017 Publications (Scopus/PubMed)

- Last Name, First name

- 271

- 545

- 834

- 1,016

- 1,136

- 1,612

- 2,175

- 2,531

- 105%

- 2,862

- 2017 Publications (Scopus/PubMed)
Divisions of the Department

Division of Child and Adolescent Psychiatry and Child Development

Our Clinics and Hospital-Based Services are an integral part of one of the preeminent child and adolescent mental health treatment consortiums in the country, which includes the Stanford Children’s Health and Lucile Packard Children’s Hospital, Stanford Hospital & Clinics, and Stanford University School of Medicine.

Child and Adolescent Psychiatry Faculty provide comprehensive clinical services using evidence-based intervention to achieve excellence in patient care, while implementing innovative approaches to optimize functioning and long-term outcome. These services are provided through several outpatient specialty clinics, inpatient programs, and community-based programs. The outpatient clinics provide psychiatric care to children and adolescents with a variety of diagnoses from 2 to 18 years of age. Clinic staff, consisting of child psychiatrists and psychologists, child psychiatry and post-doctoral psychology fellows, and general psychiatry residents, provides initial evaluations, second opinions, and ongoing treatment, in the areas of Early Life Stress and Pediatric Anxiety, Early Psychosis, Eating Disorders, Disruptive Behavior Disorders such as Attention Deficit Hyperactivity Disorder, Mood Disorders, Psychological Assessment, Autism and Developmental Disorders, and School-Based Mental Health. The Comprehensive Pediatric Care Unit is a 15-bed unit that serves children and adolescents with eating disorder related medical problems severe enough to require hospitalization. The Pediatric Psychiatry Consultation Service provides inpatient and outpatient psychiatric consultation and treatment to the general pediatric and pediatric and surgical subspecialty services at Packard Children’s Hospital and covers the emergency room at Stanford University Medical Center. More recently, a Stanford Team started working at Mills Peninsula Health Services Inpatient Adolescent Psychiatric Unit with the goal of covering up to eight beds.

In addition to the clinical activities, faculty in the child division are involved in a wide range of research activities including stem cell investigations, cutting edge biological and neuroimaging studies, longitudinal observational programs, and innovative clinical trials. These activities are generating promising findings that are helping to advance the science of youth mental health leading to improved prognosis and long-term outcome of children and adolescents suffering from neuropsychiatric disorders.

Finally, the Child and Adolescent Psychiatry Faculty are very active academically with, on average, more than 45 manuscripts published yearly in peer-reviewed journals and more than 100 scientific lectures presented at regional, national, and international meetings.

Division of General Psychiatry and Psychology

The Division of General Psychiatry and Psychology is focused on adult mental health and carries out its work across all five of the Department’s missions, namely advancing science, clinical innovation and service, educational excellence, community engagement, and leadership and professionalism. The scientific interests of our faculty cover a broad range of mental health problems and include programs in basic and translational science, treatment development and evaluation, and dissemination/implementation.

Our division is also the home of several key departmental educational programs including our Adult Psychiatry Residency, our Adult Clinical Post-Doctoral Fellowships, our T32 Fellowships in Adult Mental Health Disorders, and our graduate clinical psychology program, the PGSP-Stanford PsyD Consortium (operated jointly with Palo Alto University).

The division provides comprehensive psychiatric and psychological services across a continuum of care. Outpatient clinics include a range of specialties encompassing Mood Disorders, Bipolar Disorder, Interventional Psychiatry (including transcranial magnetic stimulation), Geropsychiatry, Women’s Wellness, Obsessive-Compulsive Disorder, Psychosis, Integrative Medicine, Psychosomatic Medicine, Addiction Medicine/Dual Diagnosis, Sleep Health and Insomnia, and Neuropsychiatry.

The Evaluation and Brief Intervention team provides a Consultation Clinic for patients who require urgent assessment, as well as an Evaluation Clinic for short-term treatment. The division supports an active Consultation and Liaison service for hospitalized patients in other departments and patients seen in the Cancer Center. The Integrated Behavioral Health Service is under development to support Stanford Primary Care Medicine. The Psychosocial and Subspecialty Care Clinic provides psychotherapy including Cognitive Behavioral Therapy, Dialectical Behavior Therapy (DBT), and Couples/Family Therapy for patients with a wide range of presenting problems. Subspecialties include Eating Disorders, Sports Medicine, Adult DBT, Couples and Family Therapy, Neuropsychological Assessment, Sleep Health, Insomnia and the Wellness Program for Stanford faculty and trainees. The Individual Psychotherapy Clinic, staffed by Department of Psychiatry residents, provides the opportunity for patients to receive long-term psychodynamic psychotherapy.

As part of a world-renowned university hospital, Stanford’s psychiatry service is prepared to treat individuals with complex and challenging illnesses. The Inpatient Psychiatry Service at Stanford is recognized for its commitment to coordinating all patient care through a multidisciplinary team including psychiatrists, psychologists, nurses, occupational and physical therapists, social workers and case managers. The 29-bed Inpatient Psychiatry Service features both open and secured unit programs. Our treatment program is structured to maintain the safety, dignity, and confidentiality of every patient on the unit.

18,000+ visits in our departmental/LPCH clinics in FY16

40,000+ visits in our departmental/SHC clinics in FY16
The Division of Interdisciplinary Brain Sciences (DIBS) offers specialized clinical services that combine evidence-based practices with innovation in research across the lifespan. Our clinical services focus on the intersection among genetic risk influences, brain development, cognitive-behavioral outcomes and environmental factors. Individuals with neurodevelopmental disorders are one focus, including syndromic conditions such as fragile X syndrome, Turner syndrome, Klinefelter syndrome, 47XXY, Williams syndrome, 22q deletion syndrome (VCFS), Prader-Willi syndrome, and behavioral and neuropsychiatric symptoms associated with intellectual disability. Developmental disorders associated with medical risk factors are another focus, such as fetal alcohol exposure, preterm birth, diabetes, and disorders of sex development are also a focus. Treatments encompass a broad range of modalities, including behavioral therapy, family therapy, parent training, cognitive-behavioral therapy, and psychopharmacology. Assessment and treatment take place in the context of close collaboration with other medical specialties as appropriate, including endocrinology, medical genetics, pediatrics and neurology. The Division also recently established the Stanford Executive Function Clinic, which provides consultation services and comprehensive evaluation for individuals with executive function deficits and symptoms typically associated with attention deficit hyperactivity disorder. The clinic provides individual or group organizational skills therapy focused on enhancement of executive functioning for school-age children and teens whose symptoms affect behavioral function. Guidance/consultation on pharmacological intervention is also offered.

The Center for Interdisciplinary Brain Sciences (CIBSR) is the research arm of the Division of Interdisciplinary Brain Sciences. CIBSR brings together faculty in psychiatry, developmental, behavioral and experimental psychology, statistics and computational neuroscience. The collective research efforts of the CIBSR are committed to:

- Leveraging interdisciplinary knowledge to provide explanatory models for human behavior that capture the inherent complexity of biological and environmental factors and their interaction.
- Developing innovative methodologies for the study of the brain and applying these tools to better understand brain relationships to cognition and behavior.
- Addressing an individual as a whole person undergoing unique trajectories of typical and atypical development, across all stages of the lifespan.
- Using research findings to prototype and implement novel interventions for disorders of the brain.

Individual PIs comprising CIBSR include Dr. Jennifer Bruno, Dr. Tamar Green, Dr. Scott Hall, Dr. David Hong, Dr. Hadi Hosseini, Dr. Boori Jo, Dr. Allan Reiss, Dr. Manish Saggar, and Dr. Gisela Sandoval.

The Division of Public Mental Health and Population Sciences focuses on understanding and enhancing the well-being of populations throughout the world and of distinct and special populations by bridging the fields of psychiatry, epidemiology, psychology, ethics, and public policy. The Division is a newly evolving academic program engaged in the Department’s five missions of advancing science, clinical innovation and service, educational excellence, community commitment and engagement, and professionalism and leadership. It was created three years ago to respond to the need for documentation and promotion of public mental health by public health authorities and professionals, with the goal of enhancing understanding about mental wellbeing and psychiatric disorders around the world.

This Division strives to reach the following objectives in parallel with the departmental missions: developing science in the field of public mental health; developing innovative screening and intervention tools to address gaps in clinical care and treatment, particularly for vulnerable populations; organizing educational opportunities for learners of all levels at the university and globally; serving the community through program development and outreach to address the unique needs of vulnerable populations; and establishing leadership in the field of public mental health. We meet these objectives through the creation and development of several sections, including Public Mental Health and Epidemiology, Public Mental Health and Addiction Policy, Student Well Being and Young Adult Public Health, Veteran and Military Populations, and Ethics and Vulnerable/At Risk Populations.

The faculty in the Division of Public Mental Health and Population Sciences has an extremely broad spectrum of expertise. The division harnesses the academic resources of Stanford University, encompassing the renowned areas of scholarship in medicine, business, law, education, biomedical data and computer science, social sciences, policy, ethics and design. Research endeavors across our division broadly focus on improving public mental health, reducing health disparities, removing barriers to care and reducing stigma, reaching vulnerable populations, and advancing precision health in psychiatry. For example, the Veteran and Military Populations section has focused on the dissemination of novel treatments for depression and post-traumatic stress disorder, efforts that mirror the major challenge of widespread affective and stress disorders in this vulnerable population.

The Division encourages the development of professionals as well as trainees, students, and psychiatry residents. The faculty engage in the development of new science in the area of population psychiatry, as well as dissemination of that knowledge and application to communities locally and globally.
Seventy million people suffer from chronic, severe sleep disorders in the United States. That means nearly one of every four Americans has a sleep problem. No other chronic disease affects more people than obstructive sleep apnea, a potentially fatal condition that causes some individuals to stop breathing several hundred times every night.

As the birthplace of sleep medicine, Stanford has been instrumental in developing the field of sleep medicine.

Under the division leadership of Dr. Emmanuel Mignot and the medical direction of Dr. Clete Kushida, the Stanford Sleep Medicine Center encompasses the diverse specialties required to effectively treat patients with sleep issues. The Center has more than 100 physicians, psychologists, researchers, staff, and trainees who are devoted to the study and treatment of sleep and sleep disorders. Our clinical faculty comprises psychologists, psychiatrists, neurologists, pulmonologists, and pediatricians, and our clinic attracts patients worldwide for its specialized consultations in Sleep Surgery, Insomnia, Narcolepsy, Restless Legs Syndrome, Parasomnias, and Dental Sleep Medicine. In 2009, the Stanford Sleep Medicine Center moved to a state-of-the-art facility in the Stanford Medicine Outpatient Center in Redwood City. The facility has 18 bedrooms, 14 designated for clinic patients and 4 for research studies; we also perform home-based sleep studies. We conduct approximately 10,000 clinic visits and 3,000 in-laboratory sleep studies per year.
Advancing a Continuum of Science

Major Laboratories: Exemplars

The pathophysiology of virtually all mental illnesses ranging from autism to depression to schizophrenia remains enigmatic in part because of the complexity of the underlying genetic and environmental causes and, more importantly, because of our poor knowledge of how the brain normally functions to generate thoughts, feelings, and behavior. As a consequence, little progress has been made in the development and delivery of therapeutics to patients with mental illnesses. With this disease burden often comes painful stigma that prevents patients from understanding the source of their suffering and limits use of already-available treatments. Despite these obstacles, because of major methodological advances in how scientists can study and manipulate the brain, it is clear that by combining the best basic neuroscience with thoughtful clinical research, we will make major progress in understanding the pathophysiology of mental illness and this in turn will lead to more efficacious treatments. Specifically, that by basic and clinical neuroscientists working together in an interdisciplinary manner to prioritize the discovery, development and dissemination of novel and scalable interventions, Stanford scientists are creating a "living laboratory" that catalyzes both scientific and clinical advances.

Large scale human genetic studies have demonstrated that many of the genes associated with mental illness encode for proteins that influence synapse function and neuronal connectivity. Because the molecular basis of circuit function has been robustly conserved over evolution from animals to humans, as has the connectivity of many behaviorally-relevant neural circuits, basic science researchers can study how genetic abnormalities that contribute to mental illness result in malfunction in specific circuits in model organisms. Basic neuroscientists can also use sophisticated molecular genetic approaches and complex imaging methods to define in unprecedented detail new brain circuits that may be involved in causing mental illness symptoms. In turn, clinical neuroscience researchers can apply brain imaging, neurostimulation and genomic tools to understand and manipulate related circuits in patients, for improving both diagnostics and treatments. Indeed, it is now possible for basic and clinical/human neuroscience researchers to work together so that in an iterative fashion – whereby information collected by basic science researchers will influence and guide clinical researchers while the findings from human research will help basic scientists focus on the questions and topics that have the most direct relevance to understanding and curing mental illnesses. The range and impact of the work at Stanford is illustrated below through the work of several of the many faculty members whose efforts are critical for success of this mission.

What distinguishes the work at Stanford from typical basic or clinical research is that the focus on development of novel diagnostics and interventions through rapid translation requires linking tools and concepts from across generally distinct research and clinical domains. This approach to science both holds great scientific and clinical promise, and is naturally at home in the collaborative and interdisciplinary environment at Stanford.

Large scale human genetic studies have demonstrated that many of the genes associated with mental illness encode for proteins that influence synapse function and neuronal connectivity. Because the molecular basis of circuit function has been robustly conserved over evolution from animals to humans, as has the connectivity of many behaviorally-relevant neural circuits, basic science researchers can study how genetic abnormalities that contribute to mental illness result in malfunction in specific circuits in model organisms. Basic neuroscientists can also use sophisticated molecular genetic approaches and complex imaging methods to define in unprecedented detail new brain circuits that may be involved in causing mental illness symptoms. In turn, clinical neuroscience researchers can apply brain imaging, neurostimulation and genomic tools to understand and manipulate related circuits in patients, for improving both diagnostics and treatments. Indeed, it is now possible for basic and clinical/human neuroscience researchers to work together so that in an iterative fashion – whereby information collected by basic science researchers will influence and guide clinical researchers while the findings from human research will help basic scientists focus on the questions and topics that have the most direct relevance to understanding and curing mental illnesses. The range and impact of the work at Stanford is illustrated below through the work of several of the many faculty members whose efforts are critical for success of this mission.

What distinguishes the work at Stanford from typical basic or clinical research is that the focus on development of novel diagnostics and interventions through rapid translation requires linking tools and concepts from across generally distinct research and clinical domains. This approach to science both holds great scientific and clinical promise, and is naturally at home in the collaborative and interdisciplinary environment at Stanford.
Neuropsychiatry focuses on diagnosis and treatment of the frequently seen co-morbid psychotic illness in patients with neurological disorders. Cognitive dysfunction is also a commonly observed phenomenon in this population but is often difficult to treat for fear of exacerbating the underlying illness. Our Program is focused on multidisciplinary research on prevention, diagnosis and treatment of neuropsychiatric disorders in addition to researching innovative approaches for community engagement.

Our group has recently completed a double blind, randomized crossover study examining the effects of methylphenidate on cognition and seizure control in patients with epilepsy compared to healthy controls. In addition, Functional Neurological Disorders are seen commonly in neurology clinics. We have focused on the evaluation of a variety of interventions for this patient population including a recently published DBT trial, and an ongoing group DBT and psychodynamic interventions clinical trial. The group is also establishing a pilot partial hospitalization treatment program with a standardized intervention. Our group has also launched research on innovative clinical neuroscience modules to facilitate clinicians’ communication with neuropsychiatric patients in order to foster community engagement.

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Dr. Bohon’s research explores neural processes that underlie disturbances of eating. Her current work includes an NIH-funded study examining the neural basis of emotion regulation and reward responses in women who engage in binge eating to better understand the heterogeneous antecedents of binge eating in different individuals and help develop targeted treatments. Another project examines emotion regulation and cognitive function in adolescent girls engaging in binge eating or purging to explore how deficits in cognitive control may impact effective emotion regulation. Dr. Bohon is also interested in similarities and differences in cognition and reward processing across psychopathologies, and was funded by NARSAD to study this in adolescents with anorexia nervosa and obsessive-compulsive disorder. Finally, she is interested in reward and emotion in the context of obesity development across the lifespan and is currently collaborating with Drs. Manpreet Singh and Natalie Rasgon on an NIH-funded longitudinal study investigating the development of depression and insulin resistance in adolescents.

As Director of the Pediatric Bipolar Disorders Program, Dr. Chang conducts research into various facets of bipolar disorder. He is currently conducting phenomenological, biologic, pharmacologic, and genetic studies of bipolar disorder in adults and children. These studies include brain imaging (MRI, fMRI), and medication and therapy trials. He is particularly interested in detecting prodromal bipolar disorder in children who might then be treated in order to prevent the development of full bipolar disorder. To do this, he has been studying children of parents with bipolar disorder who are at high risk for developing the disorder themselves.

Changes in arousal states are at the core of most neuropsychiatric disorders. Our laboratory focuses on the study of the neuronal underpinnings of arousal and hyperarousal states associated with anxiety and addiction. In particular, our group uses state-of-the-art neuroscience methods, including calcium recordings in freely moving animals, optogenetics and behavioral analysis to decipher the neuronal circuitry controlling transitions between sleep and wakefulness, as well as transitions that occur upon stressful stimuli. Over the years our group has discovered and characterized three neuromodulator systems that modulate arousal states. Drugs that interact with these transmitters have recently been approved for the treatment of insomnia. We expect that our research will lead to more breakthroughs in the treatment of anxiety disorders and addiction.

Neural Bases of Eating Disorders and Obesity
Cara Bohon, PhD
Assistant Professor

Early Life Stress and Pediatric Anxiety Program (ELSPAP)
Victor Carrion, MD
Professor

As Director of the Pediatric Bipolar Disorders Program, Dr. Chang is investigating underlying causes for the acute neuropsychiatric symptoms in these children. In conjunction with the PANS Clinic at Lucile Packard Children's Hospital, he is collecting phenomenological, immunologic, and brain imaging data, in the first study ever to investigate this illness in this way.

Pediatric Bipolar Disorders Program
Kiki Chang, MD
Professor

RECENT WORKS:


Dr. DeBattista’s current research interests focus on treatment-resistant depression, developing novel biological interventions in the treatment of mental illness, studying anti-gluocorticoid drugs in the treatment of mood disorders, and augmentation strategies in the treatment of depression.

He serves as an Investigator on several studies. The International Study to Predict Optimized Treatment - in Depression is aimed to identify genetic, physical and psychological markers (or combinations of them) that predict specific response to a range of antidepressants treatment in patients diagnosed with major depressive disorder. Investigative Efficacy & Safety of RD4099819 vs. Placebo as Adjunct Treatment in Patients with Major Depressive Disorder explores the efficacy of a 6-week treatment with an investigational medication, RD4099819, versus placebo as adjunct therapy in patients with major depression. Functional MRI Before and After Treatment for Depression aims to understand how depression changes brain activity and how this relates to mood, anxiety, and cognitive functions like memory, and to develop a brain-imaging test that will predict either before or within two weeks of starting a medicine.

Dr. Dunn is Director of the Geriatric Psychiatry Fellowship Program at Stanford. She conducts research in several areas, including: enhancing care for older adults with psychiatric conditions; examining ethical issues in clinical research; particularly in populations considered potentially “vulnerable” in the research context; and understanding the symptom experience of cancer patients.

Dr. Cassidy-Eagle is a Psychologist in the Geriatric Psychiatry Outpatient Clinic. Her research focuses on sleep, cognition and mental health in older adults. Recently, Drs. Dunn and Cassidy-Eagle have also conducted an assessment of current practices and barriers related to older adults’ ability to access mental health care.

They are currently implementing a pilot program that provides educational and consultative outreach to primary care providers here at Stanford in hopes of increasing the number of mild to moderately depressed older adults able to access support.

Dr. Durazzo’s research program focuses on:

1. Neurobiological and neurocognitive predictors of relapse in alcohol/ substance use disorders: While several psychosocial correlates of relapse after treatment have been identified, the neurobiological and neurocognitive factors that predict relapse in alcohol/substance use disorders. This research will inform the development of more efficacious treatments for alcohol/substance use disorders to prevent the high rate of relapse seen in these conditions.

2. Neurobiological and neurocognitive consequences of cigarette smoking: The vast majority of research on the adverse health effects of cigarette smoking has focused on cardiovascular and pulmonary functions, vascular systems, and risk for cancer. It is clear that smoking involves adverse effects on the human brain. Our methods involve multimodality MR neuroimaging and neurocognitive assessments to delineate the under-appreciated effects of chronic smoking on neurobiological and neurocognitive function in “healthy” individuals, as well as adults recovering from alcohol/substance use disorder, and mild traumatic brain injury. Understanding the neurobiological and neurocognitive consequences of smoking, and the mechanisms by which smoking injures the brain, are necessary to facilitate more efficacious interventions for smoking cessation.

Recent Works:


Dr. Durazzo is the D.H. Chen Professor of Bioengineering and of Psychiatry and Behavioral Sciences at Stanford University, and Investigator of the Howard Hughes Medical Institute. He received his undergraduate degree from Harvard, his PhD from Stanford, and his MD from Stanford. He also completed postdoctoral training, medical internship, and adult psychiatry residency at Stanford, and is his board-certified by the American Board of Psychiatry and Neurology. He continues as a practicing psychiatrist at Stanford with specialization in affective disorders and autism-spectrum disease, employing medications along with nutritional and lifestyle approaches. In the engineering school he developed and launched the undergraduate degree in Bioengineering at Stanford, and continues to serve as Director of Undergraduate Education in Bioengineering, while also teaching yearly medical physiology and optics courses. National-scale service has included the NIH BRAIN Initiative Working Group and nonprofit disease foundations including the Brain and Behavior Research Foundation (NARSAD) and the Michael J. Fox Foundation for Parkinson’s Research.

His laboratory created and developed both optogenetics (a technology for precisely controlling millisecond-scale activity patterns in specific cell types) using microbial opsin genes and fiberoptic-based neural technologies to discover the neural cell types and connections that cause adaptive and maladaptive behaviors, and has disseminated the technologies to thousands of laboratories around the world. Dr. Durazzo’s work in developing optogenetics for precisely controlling millisecond-scale activity patterns in specific cell types using microbial opsin genes and fiberoptic-based neural technologies to discover the neural cell types and connections that cause adaptive and maladaptive behaviors, and has disseminated the technologies to thousands of laboratories around the world.

Recent Works:


Recent findings from the Elkin Lab have identified neurobiological predictors of treatment outcome in post-traumatic stress disorder (PTSD), which have a high potential for use in clinics. Based on these findings, the lab was awarded a large foundation grant to accelerate validation and clinical translation of these findings into easy-to-acquire clinic-ready biomarkers. Parallel work in depression has also identified predictors for repetitive transcranial magnetic stimulation treatment for depression, and are now being used by the lab to optimize and personalize neurostimulation treatment in depression.

**Recent Work**

The focus of the research in the Hallmayer lab is to find genetic variations that impact the development of Autism Spectrum Disorders (ASD) and other neuropsychiatric disorders. Through the work from his lab and others we now know that a substantial proportion of genetic risk for ASD resides in rare variants associated with high odds ratios for risk. Further, by parallaling molecular studies, the Hallmayer lab employed a twin study design that demonstrated that the susceptibility to develop autism has moderate genetic heritability and a substantial shared twin environmental component.

During the past several years the Hallmayer lab, in collaboration with a team of investigators (Drs. O’Hara, Pasca, Urban, Bernstein), has become one of the first groups to study neurons derived from induced pluripotent stem cells (iPSCs) with the goal of understanding the mechanisms by which common and rare variants increase the risk for developing ASD. Using this approach, they have identified cellular and molecular phenotypes for rare but highly penetrant forms of autism, which were rescued by treatment with specific pharmacologic agents acting on identified molecular targets. More recently they started to extending this research to idiopathic forms of autism by establishing iPSC lines from 200 children with an ASD and 100 age and gender-matched control subjects.


The Autism and Developmental Disorders Research Program

The Autism and Developmental Disorders Research Program (ADDRP) focuses on the examination of the neurobiology of autism spectrum disorder (ASD), and on the development of innovative treatment for individuals with developmental disorders. Investigators involved in the ADDRP include several faculty members from the division of child psychiatry including Drs. Grace Gengoux, Jennifer Phillips, Karl Berquist, Lawrence Fung, and Antonio Hardan. Over the years, this team has developed collaborations with several investigators at Stanford and across the country. The tools used by ADDRP to examine the neurobiology of ASD have involved multiple modalities including state-of-the-art imaging methodologies (e.g., anatomical MRI, magnetic resonance spectroscopy, and positron emission tomography) and novel approaches to develop blood-based biomarkers. ASD is a heterogeneous group of disorders, and the main goals of these investigations are to identify subgroups that will share common pathoetic pathways. Additionally, the ADDRP team has been working on the development of several innovative interventions. They include the assessment of the safety and efficacy of novel molecules, such as N-acetylcycteine, pregnenolone, oxytocin, and vasoressin, in targeting the core deficits as well as associated features. Furthermore, the group has focused on the investigation of behaviorally- and developmentally-based interventions for very young children with ASD, with particular interest in targeting those with limited language abilities. Finally, and more recently, the ADDRP investigators have been working on the development and use of objective measures (e.g., eye tracking, structured laboratory observation) that are sensitive and valid to be used in clinical trials since existing measures are overly subjective.


Dr. Hong’s lab is affiliated with the Center for Interdisciplinary Brain Sciences Research, and focuses on two major domains: (1) examining sex-specific determinants of neurodevelopment, including investigation of sex chromosome influence on brain anatomy and function, as demonstrated by sex chromosome aneuploidies. Utilizing genomic, neuroimaging and cognitive-behavioral methods he investigates mechanisms by which differential gene expression from the sex chromosomes may influence social cognition and executive functions. He has recently marshalled this attention by this work to study how genetic factors interface with sex steroid influence, particularly in the modulation of brain development during the dynamic period of adolescence in transgender youth. (2) Dr. Hong also investigates neural correlates of executive function, a complex cognitive ability that is affected in a number of disorders. His recent research aims to deconstruct the significant heterogeneity associated with these deficits, using childhood attention deficit hyperactivity disorder as a model. He currently serves as Director of the Executive Function Clinic in the Division of Interdisciplinary Brain Sciences.


Hong Lab

David Hong, MD
Assistant Professor

Autism and Developmental Disorders Research Program

Antonio Hardan, MD
Professor

Hong Lab

David Hong, MD
Assistant Professor

Genetics, iPSCs and Neurodevelopmental Disorders

Joachim Hallmayer, MD, Dr med
Associate Professor

Neuroscience and Neuropsychiatry

Hadi Hosseini, PhD
Assistant Professor

Dr. Hosseini’s research portfolio crosses multiple disciplines including cognitive neuroscience, computational neuropsychiatry, multimodal neuroimaging and neurocognitive rehabilitation. His computational neuropsychiatry research mainly involves investigating alterations in the organization of connectome in various neurodevelopmental and neurocognitive disorders using state oftheart neuroimaging techniques (fMRI, rsMRI, sMRI, DWI, fNIRS) combined with novel computational methods (graph theoretical and multivariate pattern analyses). One of his contributions to the neuroscience community was the development of an open-source analysis toolbox (GAT) (https://malman.stanford.edu/malman/leistung/gal_user_forum) that facilitates topological analyses of functional and structural brain networks in human. He recently received a five-year career development award to investigate connectome-level alterations in Alzheimer’s disease. The ultimate goal of Dr. Hosseini’s research is to translate the findings from his computational neuropsychiatry research toward developing personalized interventions. Dr. Hosseini and his lab have been developing personalized interventions that integrate computational cognitive rehabilitation, real-time functional brain imaging and neurofeedback, as well as virtual reality (VR) tailored toward targeted rehabilitation of the affected brain networks in ADHD. He has received several awards, including a NARSAD’s Young Investigator Award, to pursue this research direction.

Dr. Hosseini has been co-teaching the Neuroimaging Research Methods (Psy250) at Stanford Psychiatry since 2012.


Humphreys’ research team has focused in recent years on three areas: (1) Health services research on interventions for people with substance use disorders. The team has completed reviews of the degree of exclusion in many disease areas including schizophrenia, major depression, anxiety disorders, bipolar disorder and neurological disorders. This also included a study of the exclusion of people with psychiatric disorders from medical research that documented its prevalence and assessed its ethical implications (Humphreys, Blodgett & Roberts, 2015). Area (3) has been a mixture of scholarly reviews (e.g., Strang et al., 2012) and direct work with policy makers at the local, state, national and international level. Most recently this included Humphreys being a senior editor for the Surgeon General of the United States’ recent landmark report on addiction. Humphreys has also worked extensively with mentees and colleagues to expand their capacity to participate in the public policy process by helping them prepare legislative testimony, write newspaper editorials and interact with elected officials.

RECENT WORKS:

Dr. Jo has been at the lead in developing pragmatic statistical methods based on the interaction of causal inference and latent variable modeling. Over the past decade, she has conducted a series of methodological topics such as treatment noncompliance, handling of nested data such as from cluster randomized trials, causal mediation, missing data, propensity scores, and longitudinal heterogeneity. Her current program of research is focused on developing statistical methods that jointly utilize latent variable modeling, causal inference, and machine learning approaches with the goal of improving the quality in personalized medicine. She is also actively involved in biostatistics education, consulting, and collaborative work in various fields of psychiatry/mental health research.

The Biostatistics group in the Department of Psychiatry and Behavioral Sciences leads Biostatistics consulting and education. The group intends to facilitate effective quantitative education and training for junior and senior researchers and to advance science through effective collaborations among clinical and quantitative researchers. The group consists of several PhD statisticians with diverse expertise in clinical trials, longitudinal studies, genetics, causal inference, latent variable modeling, survival analysis, and mobile health – Boool Jo, Helena Kraemer, Jane Kim, Laura Lazzeroni, Tyson Holmes, and Christine Blatyte. The group also consists of experienced analysts including Eric Neri, Art Noda, Sarah Pajarito, and Hanyang Shen.

RECENT WORKS:

The Center for Human Sleep Research focuses on conducting large-scale clinical trials in sleep medicine and developing the electronic network informatics infrastructure to support these trials. They are currently conducting a PCORI-supported study. Sustainable Outcomes Management with Electronic Data Technology (COMET) Project, in which they repurposed and expanded the electronic infrastructure and tools we developed using our NHLBI-supported Apnea Positive Pressure (APP) Long-term Efficacy Study, to conduct a comparative effectiveness trial with cardiovascular endpoints on two treatments for obstructive sleep apnea (OSA) patients. They are also conducting industry-sponsored trials on a novel nasal start for treating OSA, a new medication for adolescent patients with restless legs syndrome, and innovative wearable devices for detecting sleep-wake patterns.
A major theme in Dr. Lazzeroni’s research is the search for better understanding of the impact on biomedical research of fundamental properties of statistics, such as power, bias, and p-values. The results from Dr. Lazzeroni’s group provide surprising new insights into the large, high-throughput studies that are common in genomics and into the problem of replication. The research demonstrates that high-throughput studies that examine very large numbers of genetic predictors can maintain very good power to reject the null hypothesis, with relatively moderate increases in sample size. However, such studies provide almost no resolution for comparing or ranking the relative strength of competing genetic predictors. To aid in the interpretation of research findings, the group has provided new solutions for quantifying the uncertainty embedded in observed p-values. One method, in particular, provides explicit confidence intervals for the power of a replication study, based on a p-value from prior or pilot data. Very large sample sizes are needed to ensure good power for replication unless the p-value of the initial study is extremely small. Other work has demonstrated a flaw in a commonly used application of the sign test in genetics and led to a new algorithm for estimating heritability in twins. Many heritability estimates, especially those from smaller studies, are biased upward, contributing to the well-known “missing heritability” problem. The new algorithm removes this bias, yielding smaller, more realistic assessments of the genetic contributions underlying a trait.

**Recent Works:***
- Lazzeroni LC, Lu Y, Belitskaya-Levy I. Solutions for quantifying p-value uncertainty and ranking the relative strength of competing genetic predictors. To aid in the interpretation of research findings, the group has provided new solutions for quantifying the uncertainty embedded in observed p-values. One method, in particular, provides explicit confidence intervals for the power of a replication study, based on a p-value from prior or pilot data. Very large sample sizes are needed to ensure good power for replication unless the p-value of the initial study is extremely small. Other work has demonstrated a flaw in a commonly used application of the sign test in genetics and led to a new algorithm for estimating heritability in twins. Many heritability estimates, especially those from smaller studies, are biased upward, contributing to the well-known “missing heritability” problem. The new algorithm removes this bias, yielding smaller, more realistic assessments of the genetic contributions underlying a trait.

**The Addiction Medicine Dual Diagnosis Clinic continues to explore ways to improve the treatment of patients with co-occurring substance use disorders and other addictions. Dr. Matt Kendra is the recipient of a Stanford Cancer Center grant to innovate smoking cessation treatment. Dr. Alexis Ortiz has launched a new DBT group for patients with substance use disorders, and is involved in state-wide education efforts to teach behavioral health interventions to primary care doctors. Our social worker, Tracy Chesser, is at the forefront of brand new clinical programs to improve systems of care in our clinic. Dr. Anna Lembke continues to work toward improving the education of physicians in the dangers of overprescribing and the importance of identifying and treating addiction. We welcome Dr. Mark McGovern as a new colleague from Dartmouth, a national expert on the integration of behavioral health into primary care.**

**Recent Works:***

**Program on the Genetics Of Brain Function**

**Douglas Levinson, MD**

**Professor**

**The Program on the Genetics of Brain Function (GFB) includes the labs of Douglas Levinson and Alex Urban. We investigate genetic sequences and mechanisms with relevance to the etiology of psychiatric disorders. The Levinson lab is currently involved in the following projects:**

- Large-scale meta-analysis of genome-wide association study data for psychiatric disorders (major depressive disorder, schizophrenia, anorexia nervosa, post-traumatic stress disorder, cross-disorder analyses) carried out by the Psychiatric Genomics Consortium and other consortia (Levinson, Duncan).
- Synaptic, genomic and morphological effects of genetic mutations associated with high risk of schizophrenia, as part of an NIH National Cooperative Reprogrammed Cell Research Group (iNCRCG) (Levinson, Stidhof, Warnig, Aronow, Pang, Swanson, Daga).
- Large-scale analysis of association with DNA sequence variation in the HLA region of chromosome 6 (Levinson, Mignot, Mindrinos, Fernandez-Vina).
- Detection of somatic mutations of mobile elements (retrotransposon sequences) in the brain, using whole-genome sequencing (Levinson, Urban, Snyder).
- Psychopharmacology and genetics of early-onset schizophrenia (Laurent-Levinson and Levinson).
- Genetics of learning disabilities (Laurent-Levinson).

**Recent Works:**

**Dr. Lindley’s scholarly, clinical, and teaching activities apply interdisciplinary training in neuroscience/pharmacology and medicine/psychiatry to advance health and mental health care for psychiatric patients with disorders related to chronic and severe stress. As Director of Outpatient Mental Health for the VHA Palo Alto HCS, his work focuses on psychiatric disorders in military veterans. The goal is maximizing the use of evidence-based practices and reducing unnecessary medical burden of psychiatric treatments for stress-related disorders. Along this line, he has conducted basic science research on the adverse effects of the stress hormone cortisol and applied research on the efficacy of medication treatments for posttraumatic stress disorder (PTSD). Currently, they are conducting research on the efficacy of innovative treatment approaches for PTSD, using system dynamic modelling to improve access to evidence-based therapies, and developing electronic medical records software that fosters use of evidence-based treatments and continuous monitoring of clinical outcomes and adverse effects. Clinically, his team is developing and implementing clinical programs that improve access to mental health care, and developing mental health treatment programs, policies, and informatics tools to foster evidenced-based care.**

**Recent Works:**
A major focus of our work follows from the discovery that mild, but not minimal nor severe stress, exposure promotes subsequent coping and emotion regulation as described by U-shaped functions. Temporal aspects of stress exposure also contribute to the development of vulnerability versus resilience. Chronic stress leads to vulnerability whereas intermittent stress exposure provides repeated opportunities to learn, practice, and cope with subsequent gains in emotion regulation and resilience. Recently, we extended the generality of our findings from monkeys to mice in order to exploit molecular genetic tools for dissecting causal mechanisms that mediate experience-dependent links between behavior and brain.

**Eating Disorders Research Program**

James Lock, MD, PhD  
Professor

**Behavioral Neuroscience**

David Lyons, PhD  
Professor

**Neuropsychiatry**

Jose Maldonado, MD, FAPM, FACFE  
Professor

**Nancy Friend Pritzker Laboratory**

Robert Malenka, MD, PhD  
Professor

The Nancy Pritzker Laboratory under the direction of Robert Malenka, M.D., Ph.D. uses state-of-the-art tools to understand the molecular mechanisms of brain plasticity and how pathological plasticity contributes to the development of prominent neuropsychiatric disorders. Recent work is beginning to delineate the pathological brain mechanisms underlying some of the most prominent symptoms of autism, depression and addiction in animal models. The lab works closely with clinical colleagues studying patients with the goal of using the knowledge gained from the lab’s basic science approaches to advance the diagnosis and treatment of patients suffering from a variety of psychiatric disorders.

**Recent Works**


**Broken Heart Syndrome (Takotsubo Cardiomyopathy) Triggered by Acute Mania: A Review**

AMERICAN JOURNAL OF GERIATRIC PSYCHIATRY  Maldonado, J. R. 2013; 21 (12): 1190-1197

**Neuropathogenesis of Delirium: Review of Current Etiologic Theories and Common Pathways**


**Behavioral and Cognitive Rehabilitation for Older Adults with Anorexia Nervosa: A Brief Case Report**


**Withdrawal; Factitious Disorder & Munchausen’s Syndrome; Cultural Neurobiology and Management of Delirium; Neuropsychiatric Assessment & Neuropsychiatric Complications of Organ Transplantation; Functional Neurological Disorder; Application of Hypnosis in Psychiatry and Medicine; Neuropsychiatric Sequelae of Traumatic Brain Injury; Pathophysiology and Management of Alcohol Withdrawal, Factitious Disorder & Munchausen’s Syndrome, Cultural Diversity in Medical Care; Diagnosis and Treatment of Dissociative Disorders; and Forensic Psychiatry.**

Dr. Maldonado’s current research and scholarly interests include Neuropsychobiology and Management of Delirium; Neuropsychiatric Sequelae of Medical Illness and its Treatment; Psychosocial Assessment & Neuropsychiatric Complications of Organ Transplantation; Functional Neurological Disorder; Application of Hypnosis in Psychiatry and Medicine; Neuropsychiatric Sequelae of Traumatic Brain Injury; Pathophysiology and Management of Alcohol Withdrawal, Factitious Disorder & Munchausen’s Syndrome, Cultural Diversity in Medical Care; Diagnosis and Treatment of Dissociative Disorders; and Forensic Psychiatry.

**Recent Works**


**RECENT WORKS:**

Depression and Insomnia
Research Program
Rachel Manber, PhD
Professor

Research in the Sleep Health & Insomnia Program (Pr. Rachel Manber) aims to improve sleep of individuals suffering from insomnia using non-pharmacological approaches. Our lab conducts clinical research to answer questions with immediate clinical implications for diverse populations. Much of our research is focused on testing short and long term efficacy, including outcomes beyond sleep (e.g., depressive symptom severity, hypnotic medication use, and CPAP adherence), as well as predictors and mediators of treatment response. Our current research include: 1) a randomized controlled study (RCT) aiming to improve perinatal insomnia, infant sleep, and the quality of maternal-infant interactions; 2) an RCT of the effectiveness of cognitive behavioral therapy for insomnia (CBT-I) for patients with dual diagnosis of depression and insomnia; 3) an RCT of the effectiveness of CBT-I for those with dual diagnosis of sleep apnea and insomnia; and 4) exploring issues related to the delivery and dissemination of CBT-I to patients, including veterans, and to mental health providers.

The Center for Behavioral Health Services and Implementation Research
Mark McGovern, PhD
Professor

Although innovative and effective evidence-based pharmacological and psychosocial treatments for behavioral health conditions exist, including for psychiatric and addictive disorders, they are not typically available in routine practice settings. The National Institutes of Health target the majority of grant funding to “discovery” research. Less than 1% of total grant awards are dedicated to the translation of these discoveries to directly benefit patients and families. Implementation science is a new research discipline. The goal of implementation research is to apply rigorous and replicable scientific methods to systematically bridge the research-to-practice gap, thereby improving the chances that people actually get the most effective treatments available. Dr. McGovern and his team have received National Institute on Drug Abuse and National Institute on Alcohol Abuse and Alcoholism awards to conduct translational studies to improve access to evidence-based integrated care for persons with addiction and/or psychiatric disorders. The Center works directly with behavioral health care systems and organizations on implementation practice challenges, and with other researchers across a variety of health care disciplines in implementation research implementation concept, project design, methods and analytics. Dr. McGovern is on the core faculty of the National Institute on Mental Health-funded Implementation Research Institute, which mentors emerging faculty in implementation research career development, within addiction prevention and treatment. The Center for Behavioral Health Services and Implementation Research’s current projects involve designing and evaluating integrated and sustainable models of behavioral health services for primary care and emergency department patients with substance use and psychiatric disorders.

Cognitive and Systems Neurosciences
Vinod Menon, PhD
Professor

The overarching goal of the research in Dr. Menon and his team is to investigate the functional architecture of human brain circuits and to determine how disruptions in specific brain networks impact behavior, cognition, emotion, and learning in normal healthy individuals and in individuals with psychiatric and neurological disorders including learning disabilities, autism, ADHD, anxiety and mood disorders, and schizophrenia. They are also involved in quantitative BIG DATA science initiatives with open-source data to advance clinical and translational neuroimaging in fundamentally new ways. They aim to drive human cognitive neuroscience forward by (1) investigating large-scale architecture and wiring of the adult human brain in health and disease, (2) elucidating the large-scale architecture and wiring of the developing human brain, (3) developing advanced computational tools for dynamic brain network analysis, (4) Characterizing aberrancies in the human connectome in neurodevelopmental disorders and learning disabilities, (5) developing new frameworks and computational models for linking brain connectomics and dynamics, and (6) using systems neuroscience approaches for identifying biomarkers of neurodevelopmental disorders and learning disabilities in children, and for tracking developmental change and predicting clinical outcomes in affected children. This body of work will lead to fundamental discoveries in human brain science, with wide ranging implications for elucidating fundamental biological and disease mechanisms at the systems level.

Research in the Sleep Health & Insomnia Program (Pr. Rachel Manber) aims to improve sleep of individuals suffering from insomnia using non-pharmacological approaches. Our lab conducts clinical research to answer questions with immediate clinical implications for diverse populations. Much of our research is focused on testing short and long term efficacy, including outcomes beyond sleep (e.g., depressive symptom severity, hypnotic medication use, and CPAP adherence), as well as predictors and mediators of treatment response. Our current research include: 1) a randomized controlled study (RCT) aiming to improve perinatal insomnia, infant sleep, and the quality of maternal-infant interactions; 2) an RCT of the effectiveness of cognitive behavioral therapy for insomnia (CBT-I) for patients with dual diagnosis of depression and insomnia; 3) an RCT of the effectiveness of CBT-I for those with dual diagnosis of sleep apnea and insomnia; and 4) exploring issues related to the delivery and dissemination of CBT-I to patients, including veterans, and to mental health providers.

The Center for Behavioral Health Services and Implementation Research
Mark McGovern, PhD
Professor

Although innovative and effective evidence-based pharmacological and psychosocial treatments for behavioral health conditions exist, including for psychiatric and addictive disorders, they are not typically available in routine practice settings. The National Institutes of Health target the majority of grant funding to “discovery” research. Less than 1% of total grant awards are dedicated to the translation of these discoveries to directly benefit patients and families. Implementation science is a new research discipline. The goal of implementation research is to apply rigorous and replicable scientific methods to systematically bridge the research-to-practice gap, thereby improving the chances that people actually get the most effective treatments available. Dr. McGovern and his team have received National Institute on Drug Abuse and National Institute on Alcohol Abuse and Alcoholism awards to conduct translational studies to improve access to evidence-based integrated care for persons with addiction and/or psychiatric disorders. The Center works directly with behavioral health care systems and organizations on implementation practice challenges, and with other researchers across a variety of health care disciplines in implementation research implementation concept, project design, methods and analytics. Dr. McGovern is on the core faculty of the National Institute on Mental Health-funded Implementation Research Institute, which mentors emerging faculty in implementation research career development, within addiction prevention and treatment. The Center for Behavioral Health Services and Implementation Research’s current projects involve designing and evaluating integrated and sustainable models of behavioral health services for primary care and emergency department patients with substance use and psychiatric disorders.

Cognitive and Systems Neurosciences
Vinod Menon, PhD
Professor

The overarching goal of the research in Dr. Menon and his team is to investigate the functional architecture of human brain circuits and to determine how disruptions in specific brain networks impact behavior, cognition, emotion, and learning in normal healthy individuals and in individuals with psychiatric and neurological disorders including learning disabilities, autism, ADHD, anxiety and mood disorders, and schizophrenia. They are also involved in quantitative BIG DATA science initiatives with open-source data to advance clinical and translational neuroimaging in fundamentally new ways. They aim to drive human cognitive neuroscience forward by (1) investigating large-scale architecture and wiring of the adult human brain in health and disease, (2) elucidating the large-scale architecture and wiring of the developing human brain, (3) developing advanced computational tools for dynamic brain network analysis, (4) Characterizing aberrancies in the human connectome in neurodevelopmental disorders and learning disabilities, (5) developing new frameworks and computational models for linking brain connectomics and dynamics, and (6) using systems neuroscience approaches for identifying biomarkers of neurodevelopmental disorders and learning disabilities in children, and for tracking developmental change and predicting clinical outcomes in affected children. This body of work will lead to fundamental discoveries in human brain science, with wide ranging implications for elucidating fundamental biological and disease mechanisms at the systems level.
Because the human brain harbors trillions of synapses, the impact of psychiatric and sleep disorders on such an immense synapse landscape has been out of reach. To model the complex human brain and its diseases, our laboratory uses simpler fish and rodent species. We investigate the mechanisms underpinning common psychiatric and sleep disorders in mid- to late life. Over the years we have brought together a team of outstanding collaborators, including Drs. Haltmayer, Pascua, Elkin, and Beaudreau, to implement a translational, interdisciplinary program that considers genetic moderators and physiological mechanisms of cognitive and affective outcomes across the lifespan.

**Recent Works**


Coles D, Manca A, Delpicco J, Mourain P, Ostrin A and green receptive 1: social traffic in the olfactory cortex of the CHIMPanzee. Front Neurorsci. 2014. PMID: 24974187


**Genetics, Neurobiology, and Computational Analysis of Sleep and Associated Behaviors**

**Philipe Mourrain, PhD**

**Associate Professor**

**Lifespan Approaches to Neuropsychiatric Disorders Program**

**Ruth O’Hara, PhD**

**Associate Professor**

Our research focuses on the epidemiology of sleep disorders and their comorbidity in the general population. Public Mental Health and public policy issues are actively investigated through epidemiological studies of the General population in order to promote and prevent Sleep and Mental Disorders and help their recognition and treatment. We are pursuing this effort through a longitudinal study of the American General population started in 2001. Every four years, we interview the subjects of this cohort on their Sleep habits, Sleep quantity and quality of Sleep in relationship with their medical and psychiatric conditions. This longitudinal study is now in its fourth wave.

Narcolepsy is another pole of interest of our group. Recently, we have added a very focused research on the family members of Narcoleptic patients.

In an effort to diversify our interests in the domain of Public Health, we have instigated studies to explore the negative feedbacks between sleep and gastrointestinal acid reflux in the US and European populations. We have conducted several studies to exploit the European data on GERD to show how Chronic GERD can be better defined by its Sleep components.

We have developed collaborations with the Academy of Applied Multifunctional Sciences. Our goal is to assess the prevalence of circannual disturbances and their impacts on sleep.

**Sleep Epidemiology Research Center**

**Maurice Ohayon, MD, DSc, PhD**

**Professor**

Researchers in the Pasker Cancer Survivorship Laboratory at Stanford University focus on understanding the etiology and psychophysiology of treatment side effects in cancer patients and survivors with the goal of developing and testing novel therapeutic approaches to improve clinical outcomes and reduce symptoms, premature aging, and mortality. Our ongoing clinical research includes testing novel behavioral and pharmacological interventions as well as innovative delivery approaches for management of sleep, cancer related fatigue, circadian rhythm disruption, cancer-related cognitive impairments, and health-related quality of life functioning during and subsequent to cancer treatment. We are interested in developing interventions that can also be delivered widely in community oncology settings across the United States, and therefore we are testing these interventions’ feasibility and acceptability in such settings.

**Cancer Control and Cancer Survivorship Research**

**Oxana Palesh, PhD**

**Assistant Professor**
The Pasca Laboratory at Stanford University is primarily focused on the development of in vitro cellular models for studying human brain development and for identifying neuronal phenotypes for specific neuropsychiatric diseases. We are currently pursuing questions in three major inter-related areas. Firstly, we are interested in understanding human brain development and deciphering what makes human cortogenesis unique. We have recently developed a novel 3D approach for generating a functional human cortex in vitro and are generating tools to explore this unique 3D platform. Second, we are using state-of-the-art stem cell biology and neuroscience approaches in combination with high-throughput assays to identify phenotypes associated with neuropsychiatric disorders on the autism and schizophrenia spectrum, such as 22q11.2 deletion syndrome or Timothy syndrome. Third, we recognize the role of the immune system in modulating neuropsychiatric disease and are developing in vitro cellular models that capture the neuro-immune crosstalk.

RECENT WORKS:


RECENT WORKS:


Center for Neuroscience in Women’s Health
Natalie Rasgon, MD, PhD
Professor

Dr. Rasgon, Director of the Stanford Center for Neuroscience in Women's Health, is currently conducting multiple studies. One is focused on the genetic biomarkers of executive stress and the analysis of telomerase length to elucidate the potential effects of executive stress on one’s longevity. This research will be an important contribution to the understanding of the health and wellness of executives in the US, which could impact creativity and productivity in future generations. She is also conducting a study on insulin resistance and accelerated cognitive aging. The main purpose is to describe the developmental trajectory of cognitive and neural biomarkers across the spectrum of metabolic dysfunction in overweight/obese adults younger than 50 years of age. The innovative study design will allow us to examine cognitive outcome development over a 25-year span without an investment into the longitudinal observation of changes in cognitive and neural function.

RECENT WORKS:


The Roberts Laboratory is a multidisciplinary team of scholars engaged in empirical and analytic study of ethical issues in research, clinical care, and health policy, with a particular focus on vulnerable and special populations. Her work has led to advances in understanding of ethical aspects of physical and mental illness research, societal implications for genetic innovation, the role of stigma in health disparities, the impact of medical student and physician health issues, and optimal approaches to fostering professionalism in medicine. Dr. Roberts was awarded the MacLean Prize in Ethics in 2015 from the University of Chicago in recognition of this work.

The laboratory was originally established as the Empirical Ethics Group at the University of New Mexico in 1997 where Dr. Roberts was appointed the inaugural Jack and Donna Rust Professor of Biomedical Ethics and founded the University New Mexico's Institute for Ethics.

**RECENT WORKS:**

**Transitional Therapeutics Lab**

Carolyne Rodriguez, MD, PhD

Assistant Professor

The Rodgin Laboratory (Transitional Therapeutics Lab) utilizes an interdisciplinary approach to examine the underlying basis of obsessive and compulsive behaviors at multiple levels of analysis (from molecule to circuit to network to behavior to behavior). Our aim is to translate these findings and develop targeted treatments for patients with severe mental illnesses such as Obsessive-Compulsive Disorder (OCD) and hoarding disorder. We use a variety of techniques (MRI/ fMRI/EEG) to observe the in vivo effects of novel drug administration on brain activity in human patients.

Current research focuses on abnormalities within the glutamate pathway, thought to play a role in OCD symptoms. Our discovery that ketamine, a glutamate receptor modulator, can quickly and effectively quell obsessive thoughts - opened a new area of research for rapid-acting therapeutics in OCD. We recently reported that riluzole, a glutamate receptor modulator, also has rapid action, but with less side-effects than ketamine. We find combining rapid-acting treatments with behavioral therapy can further enhance patient outcomes.

Our lab also explores the brain mechanisms involved in hoarding behaviors and how these differ from normal collectible behavior. In parallel, we aim to raise public awareness regarding the challenges of mental illness and associated stigma by contributing to The Huffington Post and journals on topics such as clutter, ketamine, and the science of fear.

**RECENT WORKS:**

**National Center for PTSD Dissemination and Training Division at VAPAHCS**

Craig Rosen, PhD

Associate Professor

Dr. Craig Rosen is involved in national efforts to increase use of best mental health practices and to advance implementation science. He focuses particularly on improving care for veterans. Although many VA clinicians are trained in evidence-based psychotherapies (EBPs) for PTSD, few veterans get these treatments. Dr. Rosen and colleagues completed a ten-site study that identified clinic leadership, culture, and operational factors that facilitated broader use of EBPs for PTSD. He chaired a VA workshop that synthesized 20 prior studies on EBHP implementation. He developed and tested a telephone-based intervention to improve treatment engagement. He is now evaluating national VA efforts to implement measurement-based care (i.e., use of standardized outcomes measures in clinical decision-making).

Dr. Rosen teaches two courses to Stanford PsyD students. He mentors a cadre of researchers and educators in his role as Deputy Director of the National Center for PTSD Dissemination and Training Division at the VA Palo Alto Health Care System.

**Recent Works:**

**Translational Stress Technology and Measurement-Based Care**

Joseph Ruzek, PhD

Professor

Dr. Joseph Ruzek began a collaboration with Dr. Alan Louis and others from the Department to develop a workshop and course on applying the methods of design science to help mental health leaders develop innovative solutions to problems. This work is part of the larger Reimagining Mental Healthcare initiative aimed at integrating information technology, design thinking, and implementation science to reinvent mental health services. Dr. Ruzek also continued work on two randomized controlled trials of online training methods focusing on training component cognitive-behavioral therapy skills and increasing familiarity and use of PTSD Clinical Practice Guidelines. He continued to direct the VA’s National Center for PTSD Dissemination and Training Division located at the VA Palo Alto Health Care System.

Within the VA, Dr. Ruzek led the Clinician Training workshop of the national initiative to implement measurement-based care across the healthcare system, and he co-chaired the national workshop tasked with developing guidance for integration of web and phone technology within VA mental health services.

**Recent Works:**

**Roberts Laboratory**

Laura Roberts, MD, MA

Professor

The Roberts Laboratory is a multidisciplinary team of scholars engaged in empirical and analytic study of ethic issues in research, clinical care, and policy domains. The team is led by Dr. Laura Roberts, who serves as Chairman and the Katharine Dexter McCormick and Stanley McCormick Memorial Professor in the Department of Psychiatry and Behavioral Medicine at the Stanford University School of Medicine. Dr. Roberts is an internationally recognized scholar in bioethics, psychiatry, medicine, and medical education. She has received extensive scientific peer-reviewed funding from the National Institutes of Health, the Department of Energy, and private foundations to perform empirical studies of modern ethical issues in research, clinical care, and health policy, with a particular focus on vulnerable and special populations. Her work has led to advances in understanding of ethical aspects of physical and mental illness research, societal implications for genetic innovation, the role of stigma in health disparities, the impact of medical student and physician health issues, and optimal approaches to fostering professionalism in medicine. Dr. Roberts was awarded the MacLean Prize in Ethics in 2015 from the University of Chicago in recognition of this work.

The laboratory was originally established as the Empirical Ethics Group at the University of New Mexico in 1997 where Dr. Roberts was appointed the inaugural Jack and Donna Rust Professor of Biomedical Ethics and founded the University New Mexico’s Institute for Ethics.

**Recent Works:**
Dr. Richard Shaw is involved in several research endeavors including the Stanford Pediatric Psychosocial Optimization Tool (SPPOT) – A Measure to Assess the Psychosocial Needs of Pediatric Solid Organ Transplant Candidates. In collaboration with the Division of Pediatric Cardiology, Dr. Shaw and Dr. Lauren Mikula Schneider from our Department are developing a scale to assess the psychosocial needs of pediatric solid organ transplant candidates. The scale is based on earlier work in our Division to help assess patients who are at high risk of nonadherence with their transplant medications, which is one of the primary factors associated with organ rejection and loss. The goal is to pilot the measure in the organ transplant clinics at LPCH this coming year and then assess the predictive power of the scale with regard to medical outcomes in a collaboration with other transplant centers.

Dr. Shaw is also working on the Pediatric Psychiatry Consult Service, an App to Deliver Hypnosis Scripts for Use in the Pediatric Medical Setting. The Pediatric Psychiatry Consult Service is developing an LPCH App which will contain a series of scripts used to deliver hypnosis to pediatric patients at LPCH. The App will target common clinical issues seen in the medical setting. These include pain, nausea, anxiety, and insomnia. The App when developed will be offered free of charge to all LPCH patients and family members.

The Pediatric Mood Disorders Program at the Stanford University School of Medicine is a program dedicated to improving the lives and well-being of children, adolescents, and families with or at risk for developing mood disorders. The program strives to improve knowledge of healthy brain and behavioral development through a deeper understanding of how children adapt to stress. Staff in our program are dedicated to identifying biological and environmental risk factors, understanding disease pathophysiology and developmental outcomes, and developing new treatments for mood disorders of childhood onset. The Program’s research is multi- and interdisciplinary, bringing together experts from the fields of psychiatry, psychology, computer science, biostatistics and genetics to explore and seek answers for complex questions related to brain-behavior relations in developing youth.

The vision is a program that strives to improve the mental health of children and adolescents affected by mood disorders and to transform delivery of care through fully integrated, globally recognized research, education, and innovation.

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**RECENT WORKS:**


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**Pediatric Mood Disorders Program**

**Pediatric Education and Resilience Lab (PEARL)**

Manpreet Singh, MD, MS  
Assistant Professor

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**Center on Stress and Health**

David Spiegel, MD  
Professor

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**Neuroscience of Addiction Laboratory**

Edith Sullivan, PhD  
Professor

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Alcohol use disorder remains a leading cause of morbidity and mortality in the U.S. and is a major comorbid factor in numerous medical and psychiatric disorders, including HIV infection. Despite its high prevalence, societal and personal cost, and untoward effects on cognitive, motor, and emotional abilities, neural substrates of alcoholism’s lasting effects on the brain and its functions are only now unfolding. The Sullivan-Pfefferbaum joint program in human and translational alcoholism research has focused on identifying the location and extent of alcohol-related neuropathology on neural structure and connectivity, factors that influence degradation, and areas open to recovery or compensation. This goal is achieved by determining the condition of network nodes with structural MRI, network connectivity with microstructural measures of diffusion tensor imaging (DTI) fiber tracking, and functional connectivity with task-activated and resting-state functional connectivity MRI (fMRI) and noninvasive cardiac blood flow (CBF) methods; functional significance of compromise is established with neuropsychological testing. Parallel, in vivo animal models of alcohol exposure using high-field MRI and optogenetic approaches enable pursuit of mechanisms underlying neural disruption and opportunities for recovery. Analysis is quantitative and includes novel machine learning technology required for simultaneous analysis of complex data sets and aimed at identifying biomedical phenotypes that improve the mechanistic understanding, diagnosis, and treatment of neuropsychiatric disorders.

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**RECENT WORKS:**


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**Stanford Pediatric Psychosocial Optimization Tool (SPPOT)**

Richard Shaw, MD  
Professor

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**Pediatric Mood Disorders Program**

**Pediatric Education and Resilience Lab (PEARL)**

Manpreet Singh, MD, MS  
Assistant Professor

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**Our Center on Stress and Health studies mind-brain-body relationships between stress and support with sleep, endocrine and immune function, and cancer progression in the following areas:**

Psychopharmacology and Clinical Effects of Hypnosis. We have conducted neuroimaging studies of hypnosis to understand its brain basis. We have demonstrated hypnotic effects on somatosensory processing using event-related potentials, visual processing using position emission tomography, and have identified resting state differences in functional connectivity between individuals high and low in hypnotizability using functional magnetic resonance imaging. We have developed a hypnosis video home-training program designed to help parents teach their children self-hypnosis techniques for inducing relaxation and hypnotic analgesia in preparation for difficult medical procedures.

PTSD, Dissociation and Trauma. We identified the role of dissociative processes in both acute and chronic response to traumatic stress, resulting in a new DSM-IV diagnostic category of Acute Stress Disorder, and a new Dissociative Subtype in DSM-5.

Psychotherapeutic Support and Cancer Survival. We conducted the first randomized clinical trial that provided evidence that psychotherapeutic support resulted in improved mood, reduced pain, and longer survival with metastatic breast cancer.

Psychophysiological Mediators of Cancer Survival. Our research group has examined psychophysiological mediators of the effect of support on survival. We have so far identified three significant predictors of survival time with metastatic breast cancer: 1) loss of normal diurnal variation in cortisol; 2) depression; and 3) sleep disruption.

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**RECENT WORKS:**


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**Our Center on Stress and Health**

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**Neuroscience of Addiction Laboratory**

Edith Sullivan, PhD  
Professor

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**RECENT WORKS:**


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**Pediatric Mood Disorders Program**

**Pediatric Education and Resilience Lab (PEARL)**

Manpreet Singh, MD, MS  
Assistant Professor

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**Our Center on Stress and Health**

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**Neuroscience of Addiction Laboratory**

Edith Sullivan, PhD  
Professor

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**RECENT WORKS:**


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Professor

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**RECENT WORKS:**

Bipolar and Depression Research Program

The VA Bipolar and Depression Research Program is the mood disorders portion of our Department based at the VA Palo Alto Health Care System. Our mission is to study clinical and translational neuroscience critical to mood disorders. Since 1991, the Program has been conducting leading research across the world in the field of Alzheimer’s disease and related cognitive disorders. We focus on three critical areas:

1) Clinical trials of psychopharmacologic, psychotherapeutic, neurotherapeutic, devices, and web-based interventions in both Veterans and civilians with mood disorders, including those with substance use and other comorbidities, along with a focus on suicide prevention.

2) Promulgation, dissemination, and implementation of evidence-based guidelines for the treatment of multiple populations.

3) Understanding the pathophysiology and neuropsychophysiology of bipolar disorder and major depressive disorder.

We are currently participating in a nation-wide, 24-site CSP study of lithium for suicide prevention in Veterans, two web-based studies of interventions for bipolar disorder (one, a NDA-funded study of online Acceptance and Commitment Therapy for smoking cessation in bipolar disorder; the other an NIH-funded study of adjunctive, online, crowd-sourced psychoeducation), an international study of infliximab (a TNF-α inhibitor) for bipolar depression, and a trial of the impact of crowd-sourced psychoeducation, an international study of infliximab (a TNF-α inhibitor) for bipolar depression, and a trial of the impact of crowd-sourced psychoeducation (an international study of infliximab (a TNF-α inhibitor) for bipolar depression, and a trial of the impact of crowd-sourced psychoeducation).

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Alzheimer’s Research Center

Jared Tinklenberg, MD

Professor

The Alzheimer’s Research Center (ARC) is a multi-investigator, multi-disciplinary research center based at the Palo Alto VA Health Care System and the Stanford University Department of Psychiatry and Behavioral Sciences. The mission of the ARC is to conduct clinical, translational, basic science, and computational research on Alzheimer’s disease (AD) and related neurodegenerative disorders. The ARC’s research programs include studies of disease pathogenesis, neurodegeneration, and intervention development. The ARC is also dedicated to training the next generation of researchers in the field of Alzheimer’s disease research.

RECENT WORKS:


Dr. Tinklenberg’s research is focused on the prevention and treatment of mental illness in two at-risk populations: Veterans and family caregivers. She leads a national workgroup within Veterans Health Administration (VHA) to evaluate clinical outcomes for Veterans with mental illness who are seen in VA primary care. She has shown that Veterans with mental illness have worse clinical outcomes than those without a mental illness, and that this difference is not due to worse quality of preventive care. These Veterans have shortened lifespan, and we are examining the combinations of mental illnesses that have higher mortality. In parallel, Dr. Tinklenberg has both VA and NIH funding to develop tools to ensure timely identification of caregiver stress, programs that can reduce this stress through enhancing patient-caregiver collaborations, and sociobehavioral mechanisms that underlie these collaborations. They have established a management program for heart failure patients and their caregivers, and recently received funding to develop a web-based version of the same. She is piloting a brief tool to screen for depression and caregiver burden among caregivers of patients undergoing hemodialysis or chemotherapy at the time of patient point of care. This program has the potential of improving early identification and treatment of depression and caregiver burden. Both are common but are difficult to detect since caregivers often neglect their own care.

RECENT WORKS:


Mental Health in Veterans

Ranak Trivedi, PhD

Professor

The Program on the Genetics of Brain Function

Jared Tinklenberg, MD

Professor

The Program on the Genetics of Brain Function (PGBF) includes the labs of Douglas Levinson and Alex Urban. We investigate genetic sequences and mechanisms with relevance to the etiology of psychiatric disorders.

The Urban lab is investigating the effects of DNA sequence variation in human genomes on normal and abnormal brain development and function. We develop and use next-generation sequencing based methods to carry out functional genomics and epigenomic studies along several interrelated trajectories of investigation:

• Detection and characterization of genomic sequence variation associated with neuropsychiatric disorders such as schizophrenia, autism spectrum disorders, depression, bipolar disorder, and Tourette syndrome.

• Copy number and structural variants (CNVs/SVs) in the human genome DNA sequence: their detection, de-mapping and their effects on multiple levels of molecular control and regulation (DNA methylation, chromatin conformation, gene expression patterns), using iPSG stem cell model systems.

• Somatic genomic and transcriptome variation, i.e. genomic mosaicism: its detection, characterization and the elucidation of its functional consequences, in stem cell model systems and primary tissue samples.

The Urban lab is also affiliated with the Department of Genetics and is part of the Program on Genetics of Brain Function as well as a member of (and located in) the Stanford Center for Genomics and Personalized Medicine. Dr. Alex Urban is a Tasha and John Morgridge Faculty Scholar of the Stanford Child Health Research Institute.

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RECENT WORKS:


In the Williams PanLab, Dr. Williams and her team are changing the way we understand and treat mental illness. Depression, anxiety and attention-deficit disorders are the most prevalent psychiatric conditions among adults and children. Without preventative approaches and proper treatment, they cause chronic disability. These disorders are often accompanied by other serious problems, such as addiction and obesity. The PanLab is developing a taxonomy that characterizes how each person’s symptom experiences relate to underlying brain circuit function, physiology and genetic contributions. Using this taxonomy, we are creating neuroscience-informed tests that guide more precise diagnoses and treatment choices. The PanLab is working with partners at Stanford, the VA Palo Alto and in the community to get these tests into the field fast and improve and sustain the use of Cognitive Processing Therapy (CPT) for PTSD in three state and national mental health systems.

Reliable and scalable alternatives to the current, cost-intensive approaches to assessing and supporting CPT fidelity (skilled implementation of treatment elements) are critical to support implementation in low-resource settings. Some of our other NIH-funded work focuses on identification of new methods to assess CPT fidelity and quality. We are planning to launch a study that expands this program of research to other cognitive behavioral therapies by leveraging routine clinical materials and mobile technology to identify optimal strategies for assessing and supporting treatment fidelity.

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Zeitzer Lab
Jaime Zeitzer, PhD
Assistant Professor

The Zeitzer lab has a wide variety of interests all under the umbrella of sleep and circadian physiology. We are leaders in the area of human circadian lighting. That is, the use of lighting (artificial and natural) to improve physical and mental health (stemming from an understanding of the neurobiological principles of brain physiology, we have both laboratory- and community-based projects examining both basic physiology and applied disease research in areas such as delayed sleep in teens, jet lag, shift work, risk of nocturnal falls in elderly, and cognitive decline. We are also pioneering new forms of data collection and analysis of real-time biologic signals (acelerometry, EEG, EOG, hormones) that are being used for predictive modeling of both psychiatric disease states (e.g., bipolar disorder, cognitive decline, depression) and physical health (e.g., mortality). We work both within the lab and collaboratively with labs around the world to meet our goals of improving the human condition through better science.

Microglia Impact on Mental Health
F. Christian Bennett
Instructor

Microglia, the brain’s resident immune cells, play a central role in normal brain function, but remain poorly understood. Dr. Bennett’s research attempts to answer the question “How do microglia contribute to mental health and disease?” Currently, he is developing new methods to derive microglia from blood cells, so that human microglia can be functionally characterized at the cellular and molecular level using a simple blood draw. This will allow us to understand how microglia from people with mental illness contribute to brain abnormalities at a cellular/molecular level so that we can create new treatments targeting microglia.

Recent Works:
Bennett FS, Bennett FC, Uddin LQ, Menon V (2016) microglial and astrocytic circuitry in children with ASD, and may provide critical insight into the biological foundations of social communication and language deficits in this population.

Recent Works:

Recent Works:

Recent Works:

Recent Works:
Dr. Bruno is a translational researcher at the interface of developmental cognitive neuropsychology and neuroscience. Her research is aimed at understanding the neural basis of intellectual and neurological disorders with goals of improving early diagnosis using biomarkers and designing and testing targeted interventions. Current research projects include longitudinal investigations of neurobiological and behavioral outcomes in fragile X Syndrome and autism spectrum disorders. Dr. Bruno is also developing adaptable non-constraining functional near-infrared spectroscopy (fNIRS) paradigms to assess the neural circuitry underlying cognition in healthy, typically developing individuals and in individuals with neurodevelopmental disorders. Working towards the goal of informing the design of targeted treatments while providing important outcome and progress metrics, Dr. Bruno’s research includes infant developmental studies to uncover early, objective biomarkers and assess longitudinal trajectories of aberrant functional and structural brain development.

RECENT WORKS:


Estimating individual contribution from group-based structural correlation networks. Neuroimage, 115, 703-718. DOI: 10.1016/j.neuroimage.2015.05.056

Human Brain Mechanism in Cognitive Control

Dr. Cai is focused on understanding how brain networks support cognitive control, how cognitive control networks develop from childhood to adulthood, and how functional networks are disturbed in children with ADHD and autism. A major direction of his research is to investigate dynamic brain mechanisms in human cognitive control using sophisticated computational methods and leveraging fast growing “big” public functional neuroimaging data (1-3). In a recent study, Dr. Cai and his team investigated the differential roles of right anterior insula (rAI) and right inferior frontal cortex (rIFC) in detection and anticipation of inhibitory sensory cue (1). Across two independent datasets, they demonstrated that rAI plays a crucial role in detection of inhibitory cues whereas rIFC implements a top-down modulation of rAI during anticipation of inhibitory cues. This finding advances the understanding of dynamic brain mechanism during cognitive control. Another important direction of Dr. Cai’s ongoing research is to investigate dynamic brain mechanisms of cognitive control in typically developing children and children with ADHD using advanced functional neuroimaging techniques in combination with rigorous experimental design. He hopes the finding will shed new light on understanding dysfunctional brain networks associated with cognitive control deficit and facilitate development of neuroimaging-based biomarkers for ADHD classification as well as symptom prediction.

RECENT WORKS:

Human Brain Mechanism in Cognitive Control

The Cai lab is interested in understanding the mechanisms regulating human pluripotent stem cell (hPSC) differentiation. Pluripotent stem cells have great therapeutic potential because they can in theory differentiate into any specialized cell type of the body. However, unlocking this vast potential of stem cells has proven to be challenging in practice. The overarching goal of our research program is to understand these mechanisms to more effectively differentiate hPSCs into desired cell types for cell replacement therapy and disease modeling.

RECENT WORKS:


Chetty Lab

Sundari Chetty, PhD

Instructor

Since joining Stanford last year Dr. Duncan has continued to work in international genomics consortia, started work with the INSPIRE early psychosis clinic, and began the Laboratory for Genomics-Environment Effects on Mental Health. Her work on the world’s largest collection of genomic sequence data was published in Nature (Lut et al. 2016). This resource has already garnered over 300 citations because it provides fundamental information relevant to sequencing studies across medicine.

Dr. Duncan also completed work on the genomics of PTSD and anorexia nervosa. They found that genetic effects on PTSD differ between males and females, with stronger genetic effects in females. For anorexia, they discovered that metabolic factors also contribute to this condition, which is strongly influenced by genetics.

In December (picture above), Dr. Duncan traveled to South Africa to teach at the University of Cape Town. This capacity building program was hosted by the International Brain Research Organization. Investigators from multiple African nations participated in this course designed to make cutting edge statistical genetics methods more accessible to African researchers. The expansion of genetics research to more diverse populations is a primary theme in our group, as addressed in the first three publications listed below and in ongoing projects in the lab.

RECENT WORKS:

Duncan, LD et al. “Largest GWAS of PTSD (N=20,070) Yields Genetic Overlap with Schizophrenia and Sex Differences in Inheritance.” (In revision)


Duncan, LD et al. “Genome-wide Association Study Reveals First Locus for Anorexia Nervosa and Metabolic Correlations.” (In revision)
Lawrence Fung, MD, PhD. Lawrence Fung, MD, PhD, is using molecular neuroimaging to identify biomarkers and targeted treatments for autism and neurodevelopmental disorders. In particular, he examines the GABAergic system, the predominant inhibitory neurotransmission system, in the brains of young adults with Asperger’s syndrome or high-functioning Autism Spectrum Disorder (ASD). This study is one of the first to its kind to use positron emission tomography (PET) and magnetic resonance spectroscopy (MRS) to categorize simultaneously the receptors and neurotransmitters of the GABAergic system in Neurodevelopmental Disorders such as ASD. He received a 2016 Young Investigator Award at the 111th International Symposium on Functional NeuroReceptor Mapping of the Living Brain in July for this project. In September 2016, he also received the Clinical Investigator Award / Mentored Clinical Scientist Research Career Development Award (K3) from the National Institutes of Health to conduct this project.

Drs. Fung and Hardan are currently conducting a randomized controlled trial on a neurosteroid called pregnenolone to treat irritability—which includes mood swings, aggression, and self-harming—in adolescents with ASD (funded by the Simons Foundation). This study is supported by the initial findings of their open-label trial which showed that pregnenolone reduced irritability and social withdrawal in adults with ASD.

RECENT WORKS:


Neurogenic Symptoms and Cognitive Function
Tamar Green, MD
Instructor

As a child psychiatrist, Dr. Green works closely with families where an individual is affected by a neurodevelopmental disorder. Her intense engagement with children diagnosed with autism spectrum disorders, attention-deficit/hyperactivity disorder or developmental delay, has yielded a genuine appreciation for the complex interaction between cognition, behavior and genetic risk. Furthermore, Dr. Green has found that it is critical to understand how cognitive development interacts with other familial, social and educational factors to impact diagnosis and treatment strategies. This conceptual approach has been instrumental in how she provides care for children affected by these disorders, whether through family therapy and parent management training, individual therapy, psycho- and genetic education or medications, largely by focusing on how developmentally-informed strategies can improve clinical outcomes.

This work triggered her interest in pediatric clinical neuroscience. For the last four years, Dr. Green has studied the neural and behavioral manifestations of specific genetic risk factors such as those associated with fragile X, Williams syndrome, and Turner syndrome. These studies provided novel and valuable conclusions about the effects of these disease models on the brain. Her subsequent goals are to examine whether SNP and gene expression of the X-linked genes affect neural substrate (brain imaging measures) and ADHD-associated behaviors in Turner syndrome; expand her line of research uncovering neural correlates associated with deficits in attention, memory and social skills to the RASopathies, specifically Noonan syndrome.

RECENT WORKS:


Dr. Kim’s research goal is to develop and use statistical methods to ensure that the most appropriate methods are being used to improve public mental health. Her work currently addresses (1) personalizing and optimizing interventions in mobile health and (2) the robustness of regression-based inference for both randomized trials and observational studies.

With a recently awarded Spectrum Healthcare Innovation Challenge Pilot Grant, Dr. Kim is applying machine learning techniques to personalize behavioral interventions delivered through mobile applications. The project is specifically concerned with developing a reinforcement learning algorithm to guide clinicians who are linked to patients through a mobile app. She is also involved with a separate NIH study (PI: Dr. Lock) that tests an adaptive version of a behavioral intervention delivered through a commercially available app.

Dr. Kim has ongoing projects in the area of ethics in collaboration with Dr. Laura Roberts. The overarching goal of this work is to accelerate scientific advances related to mental health by ensuring ethical participation in research. This necessitates assessing positive and negative determinants of participation willingness for potentially vulnerable research subjects and testing models of ethical participation.

RECENT WORKS:


Megan Klabunde, PhD
Instructor

Megan Klabunde is a researcher within the Center for Interdisciplinary Brain Sciences Research. Her research goal is to examine the neurodevelopment of interoception and its role in emotion processing and empathy throughout childhood and adolescence. She is particularly interested in better understanding how disturbed interoceptive processing may originate and inform the development of various psychiatric disorders. Within the past five years, Dr. Klabunde’s research has expanded across typical development, neurogenetic syndromes and childhood psychiatric disorders including Turner syndrome, Prader-Willi syndrome, ADHD, PTSD, anxiety, mood and eating disorders. Her current projects use multimodal assessment tools such as functional Magnetic Resonance Imaging (fMRI), functional Near-Infrared Spectroscopy (fNIRS) and physiological, eye-tracking, behavioral and neuropsychological assessments. Additional areas of interest include the role of sex on adolescent brain development, sex differences in the manifestation of symptoms across mental health disorders, the impact of early life stress on interoceptive development and the interaction between interoceptive processing and cognitive control.

RECENT WORKS:

Sarah Ordaz, PhD
Instructor

Sarah Ordaz is a researcher within the Center for Interdisciplinary Brain Sciences Research. Her research goal is to examine the neurodevelopment of interoception and its role in emotion processing and empathy throughout childhood and adolescence. She is particularly interested in better understanding how disturbed interoceptive processing may originate and inform the development of various psychiatric disorders. Within the past five years, Dr. Ordaz has recruited early-pubertal girls who will be scanned five times over the course of their pubertal maturation. They will investigate when and how brain network development goes off-course in girls who become depressed, how pubertal hormones might contribute to this, and how positive parenting might buffer against maladaptive trajectories. This is a collaboration with Ian Gotlib and is funded by an NIMH K01 award.

A second study is a longitudinal study of currently-depressed teens. Teens come to the lab twice over the course of six months; at each visit Dr. Ordaz and her team characterize their clinical symptomatology, obtain structural and functional neuroimaging, and assess parenting. They will examine whether positive parenting contributes to a faster recovery from depression by altering brain networks implicated in emotional reactivity, rumination, and emotion regulation. This work is funded by a NARSAD Young Investigator Award and a Klingenstein Third Generation Foundation Award.

RECENT WORKS:

Srikant Ryali, PhD
Instructor

Srikant Ryali’s research interests are in developing advanced machine learning algorithms for analyzing functional magnetic resonance imaging (fMRI) to understand human brain function. Dr. Ryali develops methods to estimate dynamic causal interactions between brain regions in fMRI data using a state-space approach, to develop robust data clustering algorithms to parcellate the brain into functionally homogeneous regions using resting-state fMRI (rs-fMRI) data, and for classification of neuroimaging data using multiscale pattern recognition approaches. Presently, he is working on estimating time varying functional interactions between brain regions using Bayesian Hidden Markov models. Further, Dr. Ryali is collaborating with colleagues to characterize the differences in time varying functional interactions in healthy children, adults, and clinical populations.

RECENT WORKS:
Dr. Williams currently serves as the Director of the Stanford Brain Stimulation Laboratory. The SBLS utilizes novel brain stimulation techniques to probe and modulate the neural networks underlying neuropsychiatric diseases/disorders in an effort to develop new models and novel treatments. They focus on utilizing neurostimulation to probe the neural elements involved in control of conflict regulation within the human brain. The mission of the SBLS is to utilize cutting-edge neuroimaging techniques in an effort to develop new hypotheses regarding proposed dysfunction within the neural networks involved in neuropsychiatric diseases/disorders. With this information, the team utilizes neuromodulation strategies to assess whether our proposed brain-behavior theories are accurate. The SBLS offers research study treatments for numerous neuropsychiatric diseases/disorders. Currently, the SBLS has several active studies examining topics such as treatment-resistant depression, chronic pain, suicide, and obsessive-compulsive disorder. SBLS studies utilize novel brain stimulation techniques, novel psychopharmacological approaches and neuroimaging methods.

The goal of Dr. Wright’s research is to deepen our understanding of the circuits underlying affective disorders by using molecular and circuit level tools to dissect their detailed structure and function and establish targets for advancing treatment. The focus is primarily on the core conserved circuits that instantiate and control mood and anxiety, including the neurocircuitry centers, such as the dorsal raphe nucleus and ventral tegmental area, as well as circuits that run through the amygdala, brain stem, and hypothalamus.

To achieve this Dr. Wright uses molecular and chemical techniques to advance methods to probe the structure and molecular phenotype of circuits in intact tissues. This anatomical work is combined with techniques to measure cellular resolution activity in these conserved circuits and the effects of precisely modulating these circuits on core affective behaviors such as reward, aversion, and learned helplessness. The work is done in collaboration with Dr. Karl Deisseroth and is supported by an NIMH K08 Award.

The Adler Lab focuses on increasing access to behavioral health care. Dr. Adler is currently co-authoring a self-help book for Bingie Eating (published by GulfPress in early 2017). This Dialectical Behavioral Therapy protocol has been studied in 3 RCTs to show efficacy and the book will help dissemination of an evidence based treatment to populations that can’t access specialized care. Dr. Adler and her team are investigating behavioral factors that lead to poor outcomes in binge eating patients with Early Adherence Targeted Therapy (EATT), delivered through teleconference to remote populations less likely to attend follow-up visits. They are also prospectively and retrospectively testing predictive validity of a screening tool, the SPAB, to identify high-risk binge eating patients. The team is the recipient of a Spectrum SFAR nutrition study investigating the effects of Qsymia on Binge Eating Disorder (BED) and Bulimia Nervosa (BN). Efficacy will support a new FDA indication, dramatically increasing access in Eating Disorders populations. The Adler Lab has departmental funding used to build software to implement measurement based care using iPads, to improve operational and clinical outcomes. They are building a predictive model to better understand how patient data can be used to improve outcomes, make care more efficient and effective, freeing valuable resources to ultimately increase access to providers.

In addition, Dr. Adler is leading the development of PEPPPNET, the national network for early psychosis clinical programs, in an effort to support the implementation of evidence-based services in the rapidly expanding world of early psychosis programs. Dr. Adler has been recognized by NAMI, the American Psychiatric Association, and the American Academy of Child and Adolescent Psychiatry for his community mental health partnership efforts.

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Dr. Adelsheim is a child/adolescent psychiatrist and Director of the Center for Youth Mental Health and Wellbeing, as well as Community Partnerships. His research focuses on developing models of early identification and intervention across the continuum of care for young people and their families when faced with mental health issues.

In addition, Dr. Adelsheim is focused on the creation of early public mental health service models in the US to link young people to care, such as the headspace program out of Australia, an early mental health intervention program for young people 12-25.

Dr. Adelsheim has recently become involved in working with a number of programs developing mental health technology solutions to help young people access early support and linkages to direct care as necessary.

In addition, Dr. Adelsheim is leading the development of PEPPEPNET, the national network for early psychosis clinical programs, in an effort to support the implementation of evidence-based services in the rapidly expanding world of early psychosis programs. Dr. Adelsheim has been recognized by NAMI, the American Psychiatric Association, and the American Academy of Child and Adolescent Psychiatry for his community mental health partnership efforts.

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The Muslims and Mental Health Lab is dedicated to creating an academic home for the study of mental health as it relates to the Islamic faith and Muslim populations. The lab aims to provide the intellectual resources to clinicians, researchers, trainees, educators, community and religious leaders working with or studying Muslims. Current lines of research include historical representations of mental health in the Muslim world, psychiatric scales specific to Muslims, Refugee mental health, Islamophobia and social justice. The lab also hosts a monthly meeting for Bay Area Muslim Mental Health Professionals (BAMH) that facilitates mentorship and networking opportunities for mental health professionals, paraprofessionals and students interested in working with Muslim populations. Most recently, this effort has spurred a crisis response team for the Bay Area Muslim Community. The lab’s latest project on community based participatory research (CBPR) with the American Muslim Community was made possible by a 2016 SPECTRUM grant and upon its completion was awarded the 2017 Stanford Outstanding Community Partnership Award. Other notable accomplishments this past year include: hosting a dinner with the Mayor of San Francisco to discuss matters relating to the Muslim community and religious leaders working with or studying Muslims. Most recently, this effort has spurred a crisis response team for the Bay Area Muslim Community.

The INSPIRE Clinic provides comprehensive care for people at-risk for and with psychotic disorders. With a recovery-oriented philosophy, the Clinic provides an array of services including psychopharmacology, psychotherapy, and psychosocial evaluations. As a research clinic, they are focused on collaborating with multiple disciplines throughout the university to conduct clinical and basic science research including functional imaging, clinical trials, basic pathophysiology, and genetics. Some examples of work currently ongoing in the INSPIRE clinic include: Dr. Kate Hardy’s work conducting research in developing innovative psychotherapy treatments including a cognitive behavioral therapy for psychosis (CBTp), intervention for family members of people with psychosis, and a novel group therapy approach targeted at reducing worrying in people at early stages of psychosis. Dr. Ballon also maintains an interest in developing approaches to understand and treat mental disorders. His current work involves 1) use of TMS-EEG to identify physiological signals used to define brain disorders and guide treatment, 2) developing closed-loop responsive neurostimulation for treatment of fear-related disorders, and 3) focused ultrasound to treat severe obsessive compulsive disorder and treatment-resistant depression.

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The Virtual Reality-Immersive Technology (VR-IT) Laboratory bridges gaps between clinical research, evidenced-based psychotherapy, augmented/virtual reality content development, and medical technologies to innovate treatment for a spectrum of psychiatric and mental health conditions. This lab hosts a variety of Stanford clinicians and scientists interested in exploring and applying virtual reality and associated technologies into clinical practice and research. The lab houses clinical VR trials and trainings to foster scientific innovation through integrative multidisciplinary collaboration and supports measurement-based care. Current projects include pediatric preoperative stress inoculation, VR integrated biofeedback for ADHD, and sensory modulation for auditory hallucinations.

Dr. Bullock is a neuropsychiatrist who founded and directs the lab. She has a primary research interest in the interaction between VR technology and the phenomenon of embodiment as it relates to emotion regulation. She is currently studying the effects of manipulating visual feedback, and perceptual illusions on a variety of neuropsychiatric illnesses. She and colleagues have developed an in-office VR mediated mirror visual feedback (MVF) system that allows to replace traditional MVF in physical therapy and alleviation of unilateral avatar limb swapping. She is currently investigating whether this may replace traditional MVF in physical therapy and alleviation of unilateral pain syndromes. In addition, she is running a randomized controlled study examining customized embodied VR therapies for functional neurological disorders.

Central Sleep Apnea and Respiratory Assist Devices for Sleep Apnea Treatment
Michelle Cao, DO
Clinical Assistant Professor

Dr. Cao’s expertise includes breathing disorders in neuromuscular disease, central sleep apnea, and home mechanical ventilation. Her research focuses on sleep disorders Breathing In neuromuscular disease and advanced positive airway pressure devices for complex breathing disorders. In addition, Dr. Cao is interested in advancing sleep education. Along with Dr. Shannon Sullivan, she is conducting a study evaluating the state of sleep education across primary residency and fellowship training programs in US.

RECENT WORKS:

Prevention and Intervention (PI) Laboratory
Victoria Cosgrove, PhD
Clinical Assistant Professor

The Prevention and Intervention (PI) Laboratory (http://med.stanford.edu/cosgrove-philabout.html), housed in the Division of Child and Adolescent Psychiatry, investigates the etiology and treatment of affective psychopathology across the life span and within families. Our mission is focused on two overarching aims: (1) to examine, using multilevel analysis (i.e., behavioral, genetic, immunological, etc.), stress-related etiological phenomena involved in the emergence of affective psychopathology in youth and adults within a diathesis-stress framework; and (2) to develop and test the efficacy of evidence-based psychosocial and pharmaceutical interventions that promote arousal regulation and decreased inflammation in youth and their families. The PI Lab recently received funding from the Child Health Research Institute at Stanford to study the biology of bullying in adolescents as well as a Stanford Teaching and Mentoring Academy Innovation Grant to develop an interdisciplinary training program for work with complex family systems. We continue active collaborations with Deakin University in Australia and the University of Toronto in Canada to investigate internet-based psychosocial interventions and anti-inflammatory medication treatments, respectively, for adults with bipolar disorder.

RECENT WORKS:

Virtual Reality - Immersive Technology (VR-IT) Lab
Kim Bullock, MD
Clinical Associate Professor

The Virtual Reality-Immersive Technology (VR-IT) Laboratory bridges gaps between clinical research, evidenced-based psychotherapy, augmented/virtual reality content development, and medical technologies to innovate treatment for a spectrum of psychiatric and mental health conditions. This lab hosts a variety of Stanford clinicians and scientists interested in exploring and applying virtual reality and associated technologies into clinical practice and research. The lab houses clinical VR trials and trainings to foster scientific innovation through integrative multidisciplinary collaboration and supports measurement-based care. Current projects include pediatric preoperative stress inoculation, VR integrated biofeedback for ADHD, and sensory modulation for auditory hallucinations.
Medical Student Support
Sallie De Golia, MD, MPH
Clinical Professor

Based on the fact that medical students have higher rates of depression, anxiety, and burnout compared to age-matched samples and the general population, we sought to develop a novel resident-led support group intervention to enhance resilience and protect against burnout. We designed support groups for first and second year medical students that include group co-facilitator experience for psychiatry residents. 40 medical students responded to a choice of women, men, mixed, or diversity groups. Residents received 7 hours of training prior to group initiation and receive bi-weekly group supervision throughout the intervention period. We are assessing group efficacy through pre and post-intervention medical student surveys as well as group cohesion and resident training efficacy (IRB approved).

RECENT WORKS:

Teen Mental Health
Sara Gandy, MD
Clinical Associate Professor

As part of the department’s commitment towards the advancement of the health of our local community, Stanford Department of Psychiatry and Behavioral sciences has formed a standing partnership with Sacred Heart Schools, Atherton.

The primary goal of this newly created partnership is to devise and implement a long-term strategic health and wellness plan for students and families across all school divisions, preschool through grade 12. Collaborating with Sacred Heart School principals, counselors, and educators, Dr. Gandy is helping the school re-envision its advising and counseling programs, evaluating school culture, and recommending best practices in child and adolescent mental health care. In addition, the joint initiative will develop an integrated and comprehensive pre-kindergarten to grade 12 parent education program, aligned with the school’s mission, responsive to timely trends, and relying on the most current research in child and adolescent development.

Early Behavioral Interventions for Autism Spectrum Disorders
Grace Gengoux, PhD
Clinical Associate Professor

Over the past year, Dr. Gengoux’s research has continued to focus on the design and evaluation of effective naturalistic behavioral treatment programs for young children with autism. Dr. Gengoux oversees the supervision of a team of therapists providing parent training and in-home treatment for a randomized controlled trial of Pivotal Response Treatment (PI: Hardan) which is nearing completion. Dr. Gengoux has also continued to strengthen the community partnership with Abilities United where she leads an innovative inclusive social skills research program (PI: Gengoux) focused on improving peer initiations made by children with ASD. A parent training program will be added in the coming year to enhance the program’s effectiveness in fostering meaningful friendships for children. Preliminary findings from both projects have been presented at several national and international conferences.

Psychosocial Interventions for Psychosis
Kate Hardy, ClinPsychD
Clinical Assistant Professor

As part of the INSPIRE clinic the goal of this lab is to broaden the development, dissemination, and application of psychosocial interventions for psychosis. Dr. Hardy is an internationally recognized expert in Cognitive Behavioral Therapy for psychosis (CBTp) and researches novel applications of this approach including training family members in key CBTp skills, integrating Virtual Reality technology to augment traditional therapy interventions, and a targeted group intervention for individuals with co-morbid symptoms of psychosis and worry. Recently, in partnership with the Department of State Hospitals, Dr. Hardy has also been exploring outcomes following CBTp training for frontline staff in a forensic setting in CBTo. The lab is supported by students from the PGSP-Stanford PsyD Consortium who are committed to conducting their dissertation research in line with the lab’s goals.

RECENT WORKS:
HPA Axis and Cognition in Major Depression
Jennifer Keller, PhD
Clinical Associate Professor

Dr. Keller's clinical research has examined cognitive, affective, and genetic aspects of major depression. Specifically, her recent work has focused on the relationship of the Hypothalamic Pituitary Adrenal (HPA) Axis and cognition in major depression. In conducting this work, we found that many of these depressed women have experienced interpersonal violence. This led to researching therapeutic groups, which focused on skill building and empowerment, for depressed women who have experienced trauma. Given the long term sequelae of such violence, Dr. Keller has more recently been examining ways to prevent gender-based violence. A recent publication examined whether a school-based program aimed at adolescent boys would help reduce the rate of gender-based violence for adolescent girls in Nairobi, Kenya.

Locally, we are researching similar empowerment prevention programs for adolescent girls and are developing violence prevention programs for adolescent boys. Dr. Keller's clinical research now focuses on several aspects of trauma, including prevention of gender-based violence, as well as understanding the biological, psychosocial, and cognitive effects of trauma.

RECENT WORKS:


Addiction Psychology and the Stanford Tobacco Cessation Program
Matthew Kendra, PhD
Clinical Assistant Professor

Dr. Kendra's group is working to develop two clinical and research programs in the Addiction Psychology and Medicine and Dual Diagnosis Clinic. First, collaborating with Dr. Nancy Haug’s lab and practicum students, we have developed and successfully implemented a 12-session mindfulness-based group psychotherapy protocol to treat substance use disorders and addictive behavior, and are collecting data to determine program effectiveness. Second, the comprehensive Stanford Tobacco Cessation Program has been in place now for over two years. The evidence-based program combines motivational interviewing, carbon monoxide breath monitoring, mindfulness training for smoking cessation, medication consultation, group therapy, and phone follow-up. The program received seed funding from the Stanford Cancer Center (PCPG Dr. Matthew Kendra, co-I Dr. Jodi Prochaska, Dr. Oxana Paleish, Dr. Anna Lembke, and collaborators Dr. Lisa Herrenkens and Dr. Sean David) to coordinate and expand tobacco treatment in oncology care. Our partnership with the Stanford Cancer Center has allowed us to develop referral pathways, engage oncology providers, explore novel methods of engaging patients in treatment (e.g., automated electronic referral, telemedicine), review the literature on tobacco treatment in oncology care, and track outcomes.

RECENT WORKS:


Khan Laboratory
Christina Khan, MD, PhD
Clinical Assistant Professor

The goal of the Khan laboratory is to build and sustain academic-community partnerships and outreach in the areas of global mental health and integrated behavioral health. The laboratory conducts community-based research and outreach aimed at the prevention and early identification of mental health problems in vulnerable populations. The lab’s work is primarily focused on populations at high risk for trauma, including communities in East Palo Alto, Guatemala, and Zimbabwe, but also on populations at risk for secondary trauma, such as physicians and health workers. The clinical arm of the laboratory aims to promote the integration of behavioral health within existing primary medical and community systems of care. Current sites include Ravenswood Family Health Center in East Palo Alto and communities in rural Guatemala and in Zimbabwe. This is being done through a multi-pronged approach, including trainings for primary care clinicians and community health workers, development of culturally-tailored diagnostic tools and brief interventions, and the integration of digital tools such as mobile-based interventions and population-based tracking. The research arm of the laboratory has the following aims: 1) implementation research related to the above clinical activities, 2) examination of the relationships among trauma, mindfulness, and trans diagnostic markers of distress, such as emotion regulation, self-esteem, and sleep, and 3) development of tools to better quantify risk and resilience in vulnerable populations. Other efforts include multidisciplinary work in the areas of physician wellness and transgender health.

RECENT WORKS:


Dr. Kletter is involved in a three year randomized controlled trial that is examining three treatment conditions for traumatized youth: Cued Centered Treatment (CCT), a Stanford developed manualized intervention for chronically traumatized youth, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Treatment as Usual, which is comprised of flexible integrated services offered at Stanford Youth Solutions, a community mental health agency in Sacramento. The study aims to recruit 135 youth between the ages of 10-16 to participate. The purpose of the study is to determine what child characteristics predict treatment outcomes, which phases of treatment are most effective, and to identify neuro-markers that may be predictors of treatment outcome. Collaborators include Allan Reiss (neuropsychological consultant), Judy Cohen (TF-CBT consultant), and Carl Wiens (statistical consultant). Dr. Kletter is also working on development of a formal certification process for training on CCT as well as assessment of training and dissemination.

**Recent Works:**

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Dr. Matlow’s research focuses on developing and implementing interventions to address childhood exposure to stress, trauma, and adversity. Current projects include evaluation of school-wide prevention programs, implementation of trauma-focused psychotherapy (i.e., Stanford’s Cued-Centered Therapy), development of community-based mental health service and wellness consultation programs. These projects apply a neurodevelopmental framework for understanding the impact of child trauma exposure and include measures of neurobiological functioning. Dr. Matlow is interested in the use of community-based participatory research methods to inform program development and evaluation.

**Recent Works:**

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Dr. McGlynn continues to focus his work on the care and treatment of those living with HIV/AIDS. His focus has now expanded to include the LGBT population as a whole, and other vulnerable populations (homeless, those struggling with methamphetamine and other substances). A significant portion of Dr. McGlynn’s work includes the education of patients, families, communities, and providers. His teaching is accomplished through the American Psychiatric Association’s Office of HIV and the Council on Psychosomatic Medicine, through which he leads seminars and workshops domestically and internationally. As Medical Director of the San Jose AIDS Education and Training Centers, Dr. McGlynn guides the focus and direction of the Center’s training of Primary Care and Infectious Disease providers throughout California. Dr. McGlynn is also actively engaged in scholarly writing. He is co-editing a book on the use of Motivational Interviewing in HIV and Hepatitis C care. He is also co-editing a comprehensive textbook on Compassionate Care in psychiatry. He continues to contribute chapters to other scholarly volumes, including LGBT Mental Health, Ethical Issues in HIV, and Integrative Medicine.

**Recent Works:**

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Dr. Miller's current research focuses on understanding the effectiveness of novel treatment and monitoring strategies for bipolar disorder. She is the principal investigator of two clinical research studies, including a randomized, double-blind, placebo-controlled trial of adjunctive sarpectoxin for insomnia related to bipolar disorder, and a retrospective naturalistic study of the clinical effectiveness of lurasidone in bipolar disorder patients. She is also involved in a randomized, double-blind, placebo-controlled study of infliximab for bipolar depression. The results of these studies hold promise to advance our understanding not only of the effectiveness of novel treatments for bipolar disorder, but also of potential underlying etiologic factors contributing to the illness (e.g., serotonin and other neurotransmitter abnormalities, inflammatory processes). Dr. Miller and her colleagues are also investigating the use of actigraphy to monitor daytime and nighttime activity in bipolar disorder patients, and how these objective measures of activity may correlate with (and potentially predict the onset of) subjectively reported bipolar mood symptoms. In addition to the above research activities, Dr. Miller is dedicated to the use and dissemination of measurement-based care strategies to optimize treatment outcomes and advance clinical research efforts. As such, she is involved in a quality improvement initiative with her colleagues to implement measurement-based care across the Department of Psychiatry, and she has been analyzing measurement-based clinical data collected by the Stanford Bipolar Disorders Clinic and the Stanley Bipolar Network to improve our understanding of bipolar disorder phenomenology, with particular interest in depressive and mixed states and factors influencing longitudinal illness course.

**Recent Works:**

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Dr. Naranjo’s clinical research is aimed at overcoming barriers and increasing adherence in persons with chronic illness, specifically diabetes and cystic fibrosis. Two areas of emphasis cut across this work: 1) addressing health disparities in chronic illness through individual, provider, and systems level interventions, and 2) optimizing health and quality of life through medical devices and technologies. Beginning in postdoctoral fellowship, Dr. Naranjo specialized in understanding the unique behavioral, mental health, individual, and family factors that impact health care for youth with chronic illness.

She has successfully implemented a clinic-based transition program for youth with type 1 diabetes within a Quality Improvement framework, and research to implement patient reported outcomes routinely across pediatric health clinics.

RECENT WORKS:


Barriers to Device Uptake in Adults with Type 1 Diabetes. Diabetes Care 2016 Nov; dc161536

Fear of Hypoglycemia in Children and Adolescents and Their Parents with Type 1 Diabetes. Current Diabetes Reports 16(8): 77.

Dr. Naranjo’s clinical research is focused on improving psychosocial functioning in elite athletes. Recent research initiatives include development of a brief intervention to support Stanford Athletes that was funded by the National Collegiate Athletic Association (co-PI Norah Simpson). This program was identified as a highly desired resource by both student-athletes and athletic staff. Ongoing work is focusing on how to increase access to this critical support system, as well as continued development and dissemination efforts. Dr. Post serves as the Chief of Sports Psychology in the Stanford Athletic program and also serves on the Sports Psychology team for the San Francisco 49ers football program. Her clinical program provides direct services to athletes, psychoeducational services to athletic staff, and training to psychology fellows.

RECENT WORKS:

Dr. Noordsy is a faculty affiliate of the Stanford Neurosciences Institute and a member of the Teaching and Mentoring Academy. He presented a case series & treatment algorithm for use of clozapine among people with early psychosis as well as a description of the PEPFNET Lived Experience workshop group at the International Early Psychosis Association in Milan. He is currently analyzing results of the PEPFNET survey on access to care among people with early psychosis with Kate Hardy, CHFHyD. He is continuing a study of prospective response to regular exercise in people with schizophrenia spectrum disorders. He is also participating in a Linkage Disequilibrium Score Regression (LDScan) genetic correlation analyses of schizophrenia with Laramie Dunn, PhD and others.

Dr. Noordsy is opening a site for a clinical trial of long-acting injectable vs oral medication in people in early schizophrenia. He is developing proposals with Dr. Hardy and Jacob Balfon, MD to study an intervention for identification of university students developing psychosis, and Virtual Reality enhanced CBT for psychosis. He is collaborating with Tanya Luthmann, PhD and Dr. Hardy on developing an interdisciplinary center for studying the phenomena of psychosis, voices, visions and beliefs. He is also assisting in developing a center on technology and behavioral health in the department, authoring a chapter for Laura Roberts, MD, MS’s University Student Mental Health book, and developing a book on lifestyle psychiatry.
Human Rights in Trauma Mental Health Laboratory
Daryn Reicherter, MD
Clinical Associate Professor

Daryn Reicherter is the director of The Human Rights in Trauma Mental Health Laboratory. The laboratory is committed to advancing and applying research on psychiatric sequelae for survivors of human rights abuses with an eye towards informing transitional justice and judicial processes. The lab focuses on the science of the psychological changes and mental health pathology caused by trauma on individuals, their families, and their communities, over time and between generations. Lab affiliates and colleagues analyze and build upon the rich data in the interdisciplinary scientific literature and in specific conflict situations to clearly identify the impact on human psychology of various forms of mass trauma, including genocide, mass killings, rape, and torture. This analysis can be used to clarify the science and/or advocate for the survivors’ human rights and mental health in a wide range of settings, including criminal trials, civil suits for monetary damages, and asylum proceedings. The lab will participate in these transitional justice processes in a range of ways, including by providing expert testimony and reports and consulting with the legal teams processing perpetrators or representing victims.

The lab’s current projects include formal reports for United Nations-backed transitional justice programs for situations in Cambodia and the Central African Republic, and investigations for reports for human rights violations in Haiti and in Somalia. The lab also provides expert opinions for legal clients from Central America, the Caribbean, and the Middle East.

RECENT WORKS:

Biology of Perinatal Mood Disorders
Thalia Robakis, MD, PhD
Clinical Assistant Professor

Dr. Robakis is interested in perinatal mood disorders and their relationship to early life stress. Her previous work has shown that insecure attachment style in pregnant women is strongly related to the development of postpartum depression. Attachment insecurity is often a result of adverse childhood experiences, and early life stress has been shown to affect epigenetic modification of key genes over the long term. She is currently conducting a study whose purpose is to isolate an epigenetic signature of insecure attachment in pregnant women, and determine how this may be related to the development of depression postpartum.

This work will advance our understanding of how epigenetic modifications contribute to the shaping of personality and to risk for psychiatric disorders. This deeper understanding will improve our ability to explain, prevent, and develop timely interventions for postpartum depression, and perhaps also for the many other psychiatric syndromes that have been linked to epigenetic experiences in early life.

RECENT WORKS:
Robakis Th, Jamra E, Williams KE. Recent advances in understanding maternal perinatal mood disorders. J 1000 Reviews. Submitted; currently under review.

Eating Disorders: Emotion Dysregulation, Athlete and Bariatric Populations
Athena Robinson, PhD
Clinical Assistant Professor

Dr. Robinson’s core areas of programmatic research include treatment outcome and implementation research for eating disorders (ED). She has developed and researched several psychotherapeutic interventions, employing evidence-supported theory and treatment for ED. Body image enhancement (for athletes), weight loss/maintenance (including bariatrics), and has facilitated the delivery of such interventions via individual, group, guided self-help, in-person, telephone, and online formats. She is currently engaged in effectiveness studies of 1) an online intensive outpatient program for ED; 2) a mobile application for ED; 3) dialectical behavior therapy skills training groups. Dr. Robinson is also co-investigator on a nationwide multi-site implementation study of evidence-based treatment for EDs and depression on college campuses. She has completed research support from the National Institutes of Mental Health, National Cancer Institute, National Collegiate Athletic Association, and Stanford University Center for Cognitive and Neurobiological Imaging Seed Grant.

RECENT WORKS:
Robinson AR, Integrative Response Therapy for Binge Eating Disorder: Cognitive and Behavioural Practice, in press.

Genetic Basis for Sleep and Sleep Disorders
Logan Schneider, MD
Clinical Instructor

Dr. Schneider’s main career interests are in the genetics of periodic leg movements (PLMs) and obstructive sleep apnea (OSA). Like many others, he is convinced that the key to success in the genetics of sleep apnea is lability-phenotyping. Regarding the genetics of PLMs, he has gathered GWAS data and PLM data from the Wisconsin Sleep Cohort, the Stanford cohort (900), and MHS (4,000) and is now conducting GWAS. He is doing the entire analysis from cleaning the data to imputation and association testing. Using this data, he is now estimating heritability of the phenotype, looking at the effect of existing Restless Leg Syndrome (RLS) loci, and exploring the rest of the genome for other associations. Further analyses will also be performed using versus gene-based association study (VEGAS) and STRING-assisted module search (STAMS) to determine if power could be improved with a gene- or pathway-association strategy. The fact that BTDG1 is a strong gene for both RLS and PLMs, while MEIS1 has stronger effect in RLS and is also associated with insomnia suggest complex pleiotropic effects in RLS that this study will help resolve.

RECENT WORKS:
kennelk au, A. Schneider, JD, Cheng, J. Bertrand, SJ, Kehn, C. Archibald, T, Page, A. Gottlieb, RI. Genes on sleep, in press.

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Delirium in Lung Transplant Recipients
Yelizaveta Sher, MD
Clinical Assistant Professor

Dr. Yelizaveta Sher has been corroborating with cystic fibrosis (CF) and lung transplant (LT) teams. As a Mental Health Coordinator in CF clinic, sponsored by CF Foundation, she oversees mental health screening and care. Ongoing research will determine whether mental health interventions embedded in CF clinic impact mental and physical health outcomes in CF patients.

In addition, Dr. Sher has been leading a Quality Improvement (QI) project on timely delirium identification and treatment in LT recipients. The project was inspired by our own retrospective study of 163 LT recipients, which identified a 44% delirium rate post LT surgery. Delirium was associated with longer intensive care unit stay (12.9 days, 95% CI: 6.1-19.6) and hospital lengths of stay (17.7 days, 95% CI: 7.6-27.8). This publication is currently under review.

In our pilot project, the Psychosomatic Medicine team follows each new LT recipient. So far, 37 new LT recipients have been evaluated for development of delirium for at least 5 days post-surgery. Treatment is recommended when needed. In addition to improving patient care, this project allows us to better identify delirium characteristics and associated outcomes in this patient population, and to design interventions to decrease incidence of delirium and improve outcomes.

Sleep and Health
Norah Simpson, PhD
Clinical Assistant Professor

Dr. Simpson's research interests are focused on the interaction of sleep and health, including use of behavioral sleep medicine approaches to improve sleep among individuals with sleep disorders and high performance athletes. She is currently the treatment coordinator for Dr. Rachel Manber’s randomized controlled trial of non-pharmacological treatment of peripartum insomnia. She also remains active in experimental sleep loss research; most recently this research examined the impact of repeated episodes of sleep restriction on markers of stress, inflammation and pain.

PANS Program
Margo Thienemann, MD
Clinical Professor

Dr. Thienemann is currently involved in research regarding neuroinflammatory pediatric syndrome that presents primarily and abruptly with psychiatric symptoms. PANS (Pediatric Acute-onset Neuro-psychiatric Syndrome) is a multidisciplinary PANS Program, Dr. Thienemann, along with Dr. Jenny Franklin and colleagues, are working to characterize the syndrome, its course and etiology using a database and bioinformatics. She has been part of the PANS Consortium diagnostic guidelines and first author on the PANS treatment guidelines for psychiatric and behavioral interventions.

Health for Healers
Mickey Trockel, MD, PhD
Clinical Assistant Professor

Dr. Trockel and his colleagues have recently established the Health for Healers research group (HHF). HHF is a collaborative group for researchers interested in practical evaluation research including the design, implementation, and evaluation of interventions to improve physician wellness. HHF mission aims are 1) to demonstrate the relationship between physician wellness and patient outcomes, and 2) to demonstrate that interventions to improve physician wellness also improve patient outcomes and cost effectiveness of medical care. This research is a natural extension of Dr. Trockel’s previous work which includes evaluation of the effects of cognitive and behavioral strategies on sleep health and mood, evaluation of the effects on therapists and their colleagues based on cognitive psychotherapy programs, and evaluation of a variety of primary prevention and health promotion interventions.

RECENT WORKS:


RECENT WORKS:

Margo Thienemann, MD
Clinical Professor

Dr. Margo Thienemann, MD, is a veteran of the National Acute-onset Neuropsychiatric Syndrome (PANS) research initiative, which she co-founded and co-leads. She is an expert in the evaluation and treatment of children and adolescents with PANS, as well as other complex psychiatric conditions. Dr. Thienemann is a leading researcher in the field of pediatric mental health, with a particular focus on the diagnosis and management of PANS. Her research has contributed significantly to the understanding of this condition, and she is routinely consulted by clinicians and researchers around the world. She is also actively involved in the development of educational programs and resources for both healthcare providers and families. Dr. Thienemann is a passionate advocate for the needs of children and adolescents with PANS, and she is dedicated to improving outcomes for this vulnerable population.
Helen Wilson is the Principal Investigator of GIRLTALK: We Talk, a longitudinal study funded by the National Institute of Child Health and Human Development (NICHD) that examines pathways from early violence exposure to eating disorders. Young women who participated in a longitudinal study that began when they were 14-16 years old recently completed a seventh wave of data collection. Current efforts of this project focus on analysis, write up, and presentation of data from this newest wave. Information collected from the young women includes trauma and victimization history, mental health, family, peer, and partner relationships, risk behavior, and resilience. Findings suggest that violent victimization from romantic partners mediates pathways from early violence exposure to both sexual risk and antisocial behavior among these young women. Further analyses are underway to understand this trajectory considering psychological, biological, and interpersonal mechanisms. Findings from this study have been presented at national and international conferences, including the Stockholm Criminology Symposium in June 2016.

A problem common to many areas of medical practice is that evidence-based treatments or practices are not used correctly or not used at all, hence providing less than adequate care. This problem pertains to psychiatry and psychology because research has shown that many practitioners do not use evidence-based psychotherapeutic treatments. Dr. Agras is currently investigating this problem by studying 38 college counseling centers across the United States, randomizing college counselors to two different methods of training therapists in treatments for eating disorders and depression, and examining the persistence of such training. A smaller project is presented at national and international conferences.

RECENT WORKS:
- Agras, W.S. A simpler therapy may successfully treat adolescents with anorexia nervosa. Evidence-based Mental Health, http://dx.doi.org/10.1136/eb-2016-102535.

RECENT WORKS:
- Ford, JM, Methaon DH, Whitefield S, Fatawian MG, Roth MT. Reduced communication between horn and temporal lobes during talking in schizophrenia. Biological Psychiatry. 2003;53(8):455-60
Along with Dr. Jake Ballon, Dr. Glick is doing a long-term follow-up study that has never before been done. They have followed patients with schizophrenia over 8-50 years correlating antipsychotic treatment adherence with outcome. Dr. Glick and Dr. Ballon found that “the better the adherence to antipsychotic medication, the better the outcome.” If adherence was very poor, outcomes were disastrous.

**Recent Works:**


**OCD Treatment**

Lorrin Koran, MD
Professor Emeritus

Dr. Koran is serving as a mentor to two new faculty in the Department of Psychiatry, Dr. Carolyn Rodriguez and Dr. Nolan Williams, as they develop their research into finding new and more effective treatments for obsessive-compulsive disorder (OCD). He continues to serve on the Scientific Advisory Board of the International OCD Foundation (IOCDF), review articles for journals, and give invited lectures before psychiatric professional groups regarding OCD and the anxiety disorders.

**Recent Works:**


**Schizophrenia**

Ira Glick, MD
Professor Emeritus

The Stanford University Bipolar Disorder Clinic was established in 1996, and has been involved in bipolar disorder etiology, phenomenology, and treatment research since that time. Etiologic research has involved using neuroimaging methods to better understand neurobiology, and explore the possibility of such techniques helping to more effectively target treatments. Phenomenologic research has focused on development and course of bipolar disorder in late adolescence/young adulthood, and links between creativity, temperament, and mood disorders. Treatment research has involved clinical trials of novel medications for bipolar disorder, with emphasis on antidepressants, second-generation antipsychotics, and comparative effectiveness of pharmacotherapies. Treatment research has included not only in industry-funded pivotal phase III efficacy and phase IV effectiveness studies, but also large federally-funded comparative effectiveness studies, such as the Systematic Treatment Enhancement Program for Bipolar Disorder (STEP-BD), the Lithium Treatment Moderate dose Use Study (LiTMS), and the Bipolar Clinical Health Outcomes Initiative in Comparative Effectiveness (Bipolar CHOICE) study. The clinic has practiced evidence-based (using validated practice procedures) and measurement-based (using validated STEP-BD assessment and longitudinal monitoring instruments) care since the year 2000. Based on such data, it has published multiple manuscripts in peer-reviewed journals, commonly with Stanford trainees and international visiting scholars as first authors. Topics include pharmacotherapy trends and clinical correlates of onset age, current irritability, current anxiety, episode accumulation, mixed features during depression, illness subtype (e.g., bipolar 1 disorder versus bipolar 2 disorder), prior suicide attempt, eating disorders, and use of pharmaceuticals (e.g., lamotrigine and quetiapine alone and in combination with one another, aripiprazole, ziprasidone, and second-generation antipsychotics in bipolar II disorder versus bipolar I disorder). Current research initiatives include efforts to establish mood correlates of antidepressant in bipolar disorder and integrate antidepressant into bipolar disorder clinical care, an investigator-initiated, double-blind, placebo-controlled trial of adjunctive suvorexant for insomnia in bipolar disorder, and an assessment of clinical correlates of tardive dyskinesia in bipolar disorder patients.

**Recent Works:**

- Glick I D, Brown T, Ritvo E, Glick I: Sport psychiatry and psychotherapeutic care, an investigator-initiated, double-blind, placebo-controlled trial of mood correlates of antidepressant in bipolar disorder and integrate antidepressant into bipolar disorder clinical care, an investigator-initiated, double-blind, placebo-controlled trial of adjunctive suvorexant for insomnia in bipolar disorder, and an assessment of clinical correlates of tardive dyskinesia in bipolar disorder patients.
The Sleep and Circadian Neurobiology (SCN) Laboratory is an integrated, multidisciplinary research facility dedicated to understanding sleep-wake control and biological rhythms at all levels from molecular to behavioral and developing new generations of pharmaceuticals to remedy the enormous unmet needs of sleep disorders medicine and disorders of circadian timekeeping.

A portion of the research is carried out using rodent models of narcolepsy and circadian rhythm sleep disorders.

The SCN Lab has developed a number of model systems and special resources for research and testing, including the following: (1) A large scale sleep-wake and circadian rhythm biosensor facility, (2) Unique animal model systems including a narcoleptic rodent colony for testing pharmacological agents, other genetically engineered murine models with sleep disorders such as Parkinson’s disease (e.g., MShi/FK TG mice) and mystic dystrophy. Our molecular biology laboratory in conjunction with the sleep monitoring, allows us to study/monitor (3) Pharmacology and molecular biology of sleep deprived animals, (4) neurotransmitter and regional drug delivery studies (in vivo microdialysis, HPLC analysis) as well as neurochemical assessments (radio/receptor binding assays, radio/enzyme immuno assays, gene expression analysis).

RECENT WORKS:

Dr. Sommer is interested in the long-term outcomes of elderly patients with depression for whom all treatments have failed. Although new and innovative antidepressant treatments become available each year, most are in need of further investigation prior to release to the general public. At this time the most definitive treatment for severe depression remains electroconvulsive therapy (ECT) from which around 90% of patients recover. We have become interested in the 10% who do not, and aim to perform long-term outcome evaluations as we advocate for raising the conversation on whether such patients, capable of making the decision, should have autonomy to continue or discontinue active treatment.

Dr. Sommer is a member of the founding editorial board of the New England Journal of Medicine and Psychiatry. He is the editorial advisor for the European Sleep Research Society, the Sleep Research Society, and the World Sleep Organization (WASOG). Dr. Sommer is also the editor-in-chief of Sleep and Circadian Neurobiology (SCN) and the Sleep and Circadian Neurobiology (SCN) Journal. He is the author of over 400 peer reviewed publications and over 50 book chapters. He is a fellow of the American Academy of Sleep Medicine (AASM), American Academy of Neurology (AAN), American Psychiatric Association (APA), and Sleep Research Society (SRS)

He is currently investigating the application of psycholinguistic methods to measure consciousness and unconscious mental states, especially emotions and self regulation. He is using computerized text analytic techniques to characterize affective emotional, emotional expression, event specific memories and the reconstituting and healing effects of oral and written emotional expression.

He is studying non-clinical and clinical populations with these methods. He is studying non-clinical adults and adolescents. He is studying clinical cohorts diagnosed with trauma related psychopathology, disruptive behavior and attention deficit, maladaptive aggression, eating disorders and other syndromes which present with complex combinations of psychosomatic and somato-somatic illness (e.g. pain disorders, anxiety disorders, medical traumatization, somatization disorders etc.)

Dr. Sommer’s predominant interest is the application of Humanistic principles to the practice of Medicine and Psychiatry.

Dr. Steiner’s research is based on developmental approaches to psychopathology which emphasize the conjoint study of normative and non-normative phenomena, and the complex interaction of biological, psychological and social variables in the etiology, pathogenesis, diagnosis and treatment of mental disorders.

He is currently investigating the application of psycholinguistic methods to measure consciousness and unconscious mental states, especially emotions and self regulation. He is using computerized text analytic techniques to characterize affective emotional, emotional expression, event specific memories and the reconstituting and healing effects of oral and written emotional expression.

He is currently investigating the application of psycholinguistic methods to measure consciousness and unconscious mental states, especially emotions and self regulation. He is using computerized text analytic techniques to characterize affective emotional, emotional expression, event specific memories and the reconstituting and healing effects of oral and written emotional expression.
The Department’s Caregiver Research Lab focuses on fostering research and innovative clinical care for family members who provide day to day support and assistance to an older relative with a neurodegenerative disease, such as Alzheimer’s or Parkinson’s. These family members typically experience significant stress in their role and often are clinically depressed. CBT-based individual and small group intervention programs have been developed and empirically tested by Dr. Gallagher Thompson and colleagues for over 20 years. Her “Coping with Caregiving” program and the nationally-based REACH protocol (Resources for Enhancing Alzheimer Caregivers Health) are both evidence based, and have been exported successfully to many other settings and communities. In particular, Dr. Gallagher Thompson’s lab has focused on unique caregiving issues experienced by diverse communities including Hispanic, Latino-, Chinese- and Persian-Americans. They have adapted these programs for use with Latinos with limited education both in East Palo Alto and in southern San Diego county, and her lab is currently working with Vietnamese colleagues to modify them for use with Vietnamese Americans both in San Jose and in southern CA. This body of work has resulted in international recognition. Dr. Gallagher Thompson is one of two Americans on a WHO-sponsored working group to develop and test a web-based caregiver stress reduction program designed to be offered to the global community after pilot testing is completed. Pilot testing is currently underway in Bangalore, India, results are expected by the end of 2017.

RECENT WORKS:

Gallagher-Thompson D, Alvarez P, Cardenas V, Tzuang M, Velasquez RE, Dr. Gallagher Thompson's lab has focused on unique caregiving issues experienced by diverse communities including Hispanic, Latino-, Chinese- and Persian-Americans. They have adapted these programs for use with Latinos with limited education both in East Palo Alto and in southern San Diego county, and her lab is currently working with Vietnamese colleagues to modify them for use with Vietnamese Americans both in San Jose and in southern CA. This body of work has resulted in international recognition. Dr. Gallagher Thompson is one of two Americans on a WHO-sponsored working group to develop and test a web-based caregiver stress reduction program designed to be offered to the global community after pilot testing is completed. Pilot testing is currently underway in Bangalore, India, results are expected by the end of 2017.

RECENT WORKS:

Gallagher-Thompson D, Alvarez P, Cardenas V, Tzuang M, Velasquez RE, Duberke K, Van Tilburg L (2015). From the ivory tower to the real world: Translating an evidence-based program designed to be offered to the global community after pilot testing is completed. Pilot testing is currently underway in Bangalore, India, results are expected by the end of 2017.

RECENT WORKS:

Holland, J.M., Rozalski, V., Beckman, L., Rakhkovskaya, L.M., Klingspon, K.L, Donohue, Reicherter D, Adelsheim A, and Joshi SV.(Eds.), Partnerships for mental health: Narratives of the body of work has resulted in international recognition. Dr. Gallagher Thompson is one of two Americans on a WHO-sponsored working group to develop and test a web-based caregiver stress reduction program designed to be offered to the global community after pilot testing is completed. Pilot testing is currently underway in Bangalore, India, results are expected by the end of 2017.

RECENT WORKS:


Dr. Blonigen’s program of research focuses broadly on treatment of adults with substance use disorders (SUD) and co-occurring psychiatric disorders, particularly those with personality disorders, those who are repeatedly involved in the criminal justice system, and those who frequently utilize psychiatric emergency services. His current work in these areas focuses identifying factors that hinder or facilitate these individuals’ engagement and retention in SUD and mental health treatment, as well as testing the effectiveness and implementation potential of behavioral interventions for criminal thinking.

RECENT WORKS:


Blonigen, D. M. Rozalski, V., Beckman, L., Rakhkovskaya, L.M., Klingspon, K.L, Donohue, Reicherter D, Adelsheim A, and Joshi SV.(Eds.), Partnerships for mental health: Narratives of the body of work has resulted in international recognition. Dr. Gallagher Thompson is one of two Americans on a WHO-sponsored working group to develop and test a web-based caregiver stress reduction program designed to be offered to the global community after pilot testing is completed. Pilot testing is currently underway in Bangalore, India, results are expected by the end of 2017.

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RECENT WORKS:


Dr. Gould's research program focuses on the development of technology-delivered and self-directed treatments for geriatric mental health problems. Teaching older adults skills with minimal provider time could address the shortage of geriatric mental health providers. She conducts careful assessments of older adults' interaction with technology in light of older adults' varied experiences with technology, comorbid medical problems, and cognitive/behavioral deficits. With her current research grants (NARSAD, VA Career Development Award) Dr. Gould is testing a video-delivered behavioral treatment called Breathing, Relaxation, and Education for Anxiety Treatment in the Home Environment (BREATHE) in older adults with anxiety disorders. She is also conducting a mixed methods investigation of older Veterans' preferences for technology platforms to be used to deliver self-directed treatments.

RECENT WORKS:


Geriatric Mental Health
Christine Gould, PhD
Instructor (Affiliated)

Neural Circuits and Addiction
Claudia Padula, PhD
Instructor (Affiliated)

Dr. Padula's research program aims to understand neural circuits underlying addiction in order to predict risk of relapse and understand who may benefit from specific treatments based on their brain functioning. Through multidisciplinary collaborations between Stanford and the VA, she has been awarded a Career Development Award to lay the foundation for this research. The project will examine the relationship between brain circuits of emotion and reward and risk of relapse following standard residential treatment at the VA. Technological advances in brain imaging have revolutionized our capacity to understand the brain circuits that underlie complex behaviors, like addiction. It is her goal to utilize such technologies to create a more precise care model of treatment for Veterans. Findings from the proposed study will be the first to determine if brain circuits underlying alcohol use disorder can be used to predict relapse in this population. This study is a foundational first step and will lay the groundwork in using innovative neuroimaging technology to identify individuals at greatest risk who may need prolonged or more precise treatment strategies. This neuroscience based translational program of research will help vulnerable Veteran populations obtain more effective treatments and achieve better outcomes.

RECENT WORKS:


Down Syndrome and Alzheimer’s Disease
Ahmad Salehi, MD, PhD
Clinical Professor (Affiliated)

Dr. Salehi's lab is focused on the relationship between Down syndrome and Alzheimer's disease. It has been known for decades that all adults with Down syndrome will develop Alzheimer pathology. However, the molecular basis of this close relationship remains unknown. Their extensive morphometric studies have revealed that, in addition to the cholinergic system, norepinephrine-ergic neurons in the locus coeruleus undergo significant age-dependent degeneration in mouse models of Down syndrome. Importantly, the overexpression of App gene (a critical player in Alzheimer's disease) plays a major role in the degeneration of locus coeruleus neurons. Dr. Salehi's lab is currently working on the role of B2 adrenergic signaling in mouse models of neurodegeneration. They have found that improving B2 adrenergic signaling using a drug already in the market could significantly improve cognitive function in the Tg2576 mouse model of Down syndrome. Currently, they are testing the effects of improving B2 adrenergic signaling in people with Alzheimer's disease. Through this double-blind placebo controlled clinical trial, Dr. Salehi's lab is using extensive neuropsychometric and genomic methods to verify the effects of improving adrenergic signaling in individuals with mild to moderate dementia of Alzheimer type.

RECENT WORKS:


Mental Health Services Research
Christine Timko, PhD
Clinical Professor (Affiliated)

Christine Timko, PhD, works in three main areas of mental health services research (1) developing and implementing evidence-based practices to facilitate transitions between levels and types of health care, such as detoxification to substance use disorder treatment, (2) helping family and friends of individuals with unhealthy substance use, and (3) evaluating approaches to improve mental health and recidivism outcomes among Veterans involved in the criminal justice system or seeking legal aid. For example, she is currently implementing and evaluating Enhanced Telephone Monitoring as a telehealth intervention to facilitate the transition from involuntary detoxification to specialty substance use disorder treatment, aiming to improve patients’ outcomes and decrease health care system costs. She is also evaluating a method to increase use of help resources, such as the 12-step groups of Al-Anon and Nar-Anon, by people concerned about another’s alcohol and drug use, objectives are to improve functioning of both “Concerned Others” and persons in treatment for substance use. Finally, Dr. Timko is developing and conducting system-wide surveys of legal aid clinics to examine their potential as settings in which to intervene to increase health care access and utilization by clients.

RECENT WORKS:


Featured on the cover.

Dr. Salehi's lab is focused on the relationship between Down syndrome and Alzheimer’s disease. It has been known for decades that all adults with Down syndrome will develop Alzheimer pathology. However, the molecular basis of this close relationship remains unknown. Their extensive morphometric studies have revealed that, in addition to the cholinergic system, norepinephrine-ergic neurons in the locus coeruleus undergo significant age-dependent degeneration in mouse models of Down syndrome. Importantly, the overexpression of App gene (a critical player in Alzheimer’s disease) plays a major role in the degeneration of locus coeruleus neurons. Dr. Salehi’s lab is currently working on the role of B2 adrenergic signaling in mouse models of neurodegeneration. They have found that improving B2 adrenergic signaling using a drug already in the market could significantly improve cognitive function in the Tg2576 mouse model of Down syndrome. Currently, they are testing the effects of improving B2 adrenergic signaling in people with Alzheimer’s disease. Through this double-blind placebo controlled clinical trial, Dr. Salehi’s lab is using extensive neuropsychometric and genomic methods to verify the effects of improving adrenergic signaling in individuals with mild to moderate dementia of Alzheimer type.
Mental Health in Women
Julie Weitlauf, PhD
Clinical Professor (Affiliated)

Dr. Weitlauf’s current work focuses broadly upon the intersection of physical and mental health in women across the lifespan. Notable projects include work related to the evaluation of cognitive behavioral therapy for menopausal hot flashes in mid-life women with mood disorders and the development and implementation of a simulation-based training protocol designed to teach interdisciplinary clinical teams (gynecology + mental health) to use cognitive behavioral therapy to treat sexual pain disorders (i.e., vaginismus) in women.

RECENT WORK:


Active Sponsored Research

Federal and State Funding

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<td>Implementation of evidence-based treatment for on-campus eating disorders (Co-PI)</td>
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<td>Bernert, Rebecca</td>
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<td>A Behavioral Sleep Intervention for Suicidal Behaviors in Military Veterans: A Randomized Controlled Study</td>
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<td>NIH</td>
<td>R01</td>
<td>Mapping and Manipulating Circuits for Emotion and Cognition in Anxiety and Depression</td>
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<td>Evans, Tanya</td>
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<td>F32</td>
<td>Neurodevelopmental Basis of Persistent Mathematical Learning Disabilities</td>
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<td>Fung, Lawrence</td>
<td>NIH</td>
<td>K06</td>
<td>GABAergic Neurophysiology in Autism Spectrum Disorder</td>
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<td>Garnett, Amy Sue</td>
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<td>Brain Biomarkers of Clinical Response to Cognitive Treatment of PTSD in Youth</td>
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<td>Gershon, Anda</td>
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<td>Sleep and Circadian Dysregulation in Pediatric Bipolar Disorder</td>
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<td>Giardino, William</td>
<td>NIH</td>
<td>F32</td>
<td>Optogenetic studies of hypoxoclin in binge drinking and negative hedonic valence</td>
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<td>Goldstein, Andrea</td>
<td>NIH</td>
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<td>Neuroimaging and Machine Learning to Redefine Anxiety and Depression</td>
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<td>Hall, Scott</td>
<td>NIH</td>
<td>R21</td>
<td>Understanding severe disruptive behaviors in adolescents with fragile X syndrome</td>
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</table>
Federal and State Funding (cont.)

Hall, Scott NIH R01 Effects of Social Gaze Training on Brain and Behavior in Fragile X Syndrome
Hallmayer, Joachim NIH R01 Integrative Molecular and Phenotype Analysis of 22q11.2 Deletion Syndrome
Hallmayer, Joachim CIRM Induced pluripotent stem cells from children with autism spectrum disorder
Hardan, Antonio NIH R21 Pivotal Response Treatment Package for Young Children with Autism
Hardan, Antonio NIH R21 Quantitative Measurements of Cortical Excitability in Neurodevelopmental Disorder
Hosseini, Hadi NIH K05 The influence of multi-domain cognitive training on large-scale structural and functional brain networks in MCI
Jo, Bokil NIH R01 Heterogeneity in Prevention Intervention Effects on Substance Use: A Latent Variable Causal Modeling Approach
Kushida, Clete NIH R21 Predictive Adherence Modeling (PAM) Study
Kushida, Clete PCORI Sustainable Methods, Algorithms & Research Tools for Delivering Optimal Care
Lazzeroni, Laura NIH R01 6/6-The Genetics of Endophenotypes and Schizophrenia
Levinson, Douglas NIH R01 Testing the Hypothesis of Somatic Cell Retroposition in Human Brain
Levinson, Douglas NIH R01 HLA and schizophrenia: a high-throughput sequencing study
Levinson, Douglas NIH U19 Multimodal analysis of high-risk psychosis mutations in induced neuronal cells
Lock, James NIH K24 Mentoring and Research in Adolescent Eating Disorders
Lock, James NIH R33 Optimizing Fidelity in Family-Based Treatment for Adolescent Anorexia Nervosa
Lock, James NIH R44 Title Optimizing a Smartphone Application for Individuals with Eating Disorders (Co-PI)
Lock, James NIH R34 Feasibility of Combining Family and Cognitive Therapy to Prevent Chronic Anorexia
Lyons, David NIH R01 Early social stress, novelty seeking, and impulsive behavior
McGovern, Mark NIH R01 Using NIATx’s Strategies to Implement Integrated Services in Routine Care
McGovern, Mark NIH R21 Integrating Combined Therapies for Persons with Co-occurring Disorders
Malanka, Robert NIH P50 Activity-Dependent Synaptic and Circuit Plasticity
Marber, Rachel NIH R01 The effectiveness of non-pharmacological treatment for perinatal insomnia
Menon, Vinod NIH R01 Longitudinal Neurocognitive Studies of Mathematical Disabilities

Federal and State Funding (cont.)

Menon, Vinod NIH R01 Interventions in Math Learning Disabilities: Cognitive and Neural Correlates
Menon, Vinod NIH R01 Learning and brain plasticity in children with autism: relation to cognitive inflexibility and restricted-repetitive behaviors
Menon, Vinod NIH R01 Methods for Dynamic Causal Interactions in Human Brain Function and Dysfunction
Menon, Vinod NIH R01 Novel Bayesian linear dynamical systems-based methods for discovering human brain circuit dynamics in health and disease
Mignot, Emmanuel NASA HERO Twin Astronaut Study Consortium (TASC): Immune Changes in Space
Mignot, Emmanuel NIH T32 Multi-Institutional Training in Genetic/Genomic Approaches to Sleep Disorders
Mignot, Emmanuel NIH P50 Center for Narcolepsy and Related Disorders
Mourain, Philippe NIH R01 Melanin-Concentrating Hormone: Ancestral Role in Feeding & Sleep Regulation
Nishino, Seiji NIH R21 Brain Mast Cells in Sleep and Behavioral Regulation
O’Hara, Ruth NIH R01 Neurocircuitry of Emotion: Distinguishing Late Life Anxiety and Depression
Orndz, Sarah Jean NIH K01 Trajectories of Brain Connectivity, Depressive Symptoms, and Parenting in Puberty
Paleish, Oxana NIH R01 Prefrontal cortex abnormalities associated with breast cancer chemotherapy
Paleish, Oxana NIH R01 Brief Behavioral Intervention for Insomnia During Chemotherapy
Paleish, Oxana NIH R21 RCT for Mechanisms and Management of Sleep Utilizing Multicenter Clinical Oncology Network
Parker, Karen NIH R01 Early experience and emotional development in free ranging primates (Co-PI)
Parker, Karen NIH R21 The role of vasopressin in the social deficits of autism
Parker, Karen NIH R21 Epigenetic regulation of social impairments and treatment response in autism
Parker, Karen NIH R01 A monkey model of naturally occurring social impairments
Pasco, Sergiu NIH R01 Gaining insight into psychiatric disease by engineering piece by piece the human brain in vitro
Qin, Shaoheng NIH K99/R00 Brain Systems Underlying Episodic Memory for Social Stimuli in Childhood Autism
Raison, Natalie NIH R01 Insulin Resistance and Accelerated Cognitive Aging
Reiss, Alan NIH T32 Research Training for Child Psychiatry and Neurodevelopment
Reiss, Alan NIH R01 Longitudinal MRI Study of Brain Development in Fragile X
Reiss, Alan NIH R01 Gene, Brain and Behavior in Turner Syndrome
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<td>Reiss, Allan</td>
<td>NIH</td>
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<td>Type 1 Diabetes and the Brain in Children: Metabolic Interventions (Co-PI)</td>
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<td>Rodriguez, Carolyn</td>
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<td>NMDAR Modulation As A Therapeutic Target and Probe of Neural Dysfunction in OCD</td>
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<td>Rodriguez, Carolyn</td>
<td>NIH</td>
<td>K02</td>
<td>Novel Interventions for Adults with Obsessive-Compulsive Disorder</td>
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<td>Rosenberg-Lea, Miriam</td>
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<td>Brain Systems Supporting Learning and Memory in Children with Autism</td>
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<td>Rothwell, Patrick</td>
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<td>Nucleus accumbens synaptic mechanisms of opiate reward and aversion</td>
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<td>Ryali, Srirath</td>
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<td>Methods for Dynamic Causal Interactions in the Developing Human Brain</td>
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<td>Saggar, Manish</td>
<td>NIH</td>
<td>K56/R00</td>
<td>Quantifying the Fluctuations of Intrinsic Brain Activity in Healthy and Patient Populations</td>
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<td>Schatzberg, Alan</td>
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<td>A Biobehavioral Research Training Program</td>
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<td>Schatzberg, Alan</td>
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<td>R25</td>
<td>Research Career Development Institute for Psychiatry (Co-PI)</td>
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<td>Shah, Nirao</td>
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<td>Molecular and Neural Networks Underlying Social Attachment</td>
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<td>Shah, Nirao</td>
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<td>Dissecting hypothalamic pathways that regulate sexually dimorphic behaviors</td>
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<td>Shah, Nirao</td>
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<td>Characterization of Sexual Dimorphism in the brain</td>
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<td>Singh, Manpreet</td>
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<td>Neurodevelopmental Features of Sexual Dimorphism in Pediatric Psychopathology</td>
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<td>Singh, Manpreet</td>
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<td>Neurobehavioral Trajectories of Pediatric Depression and Insulin Sensitivity</td>
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<td>Singh, Manpreet</td>
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<td>2/2-Mechanism of Antidepressant-Related Dysfunctional Arousal in High-Risk Youth</td>
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<td>Spiegel, David</td>
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<td>Impact of Affect Reactivity and Regulation on Breast Cancer Treatment Decisions</td>
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<td>Spiegel, David</td>
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<td>Use of Repetitive Transcranial Magnetic Stimulation to Augment Hypnotic Analgesia</td>
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<td>Sudheimer, Keith</td>
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<td>Cortisol Receptor Polymorphisms And Cortisol-Induced Emotion Changes In Major Depression</td>
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<td>Sullivan, Edith</td>
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<td>R37</td>
<td>Corebellar Structure and Function in Alcoholism</td>
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<td>Sullivan, Edith</td>
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<td>Neuroimaging of Connectivity in Alcoholism/Vivo Diffusion &amp; Spectroscopic Brain Imaging in Alcoholism (Co-PI)</td>
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<td>Sullivan, Edith</td>
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<td>Translational Studies of Brain Circuitry Disrupted by Alcoholism</td>
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<td>Sullivan, Edith</td>
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<td>International Research Collaboration on Neuroimaging Studies of Alcoholism</td>
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<td>Tinklenberg, Jared</td>
<td>CA Dept Public Health</td>
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<td>California Alzheimer’s Disease Centers</td>
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<td>Urban, Alexander</td>
<td>NIH</td>
<td>DP2</td>
<td>Genomic and epigenomic effects of large CNV in neurons from iPSC</td>
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**Federal and State Funding (cont.)**

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<td>Walsh, Jessica</td>
<td>NIH</td>
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<td>Systems level investigation of di-synaptic circuit involved in panic disorder</td>
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<td>Williams, Leanne</td>
<td>NIH</td>
<td>R01</td>
<td>Neural Dimensions of Threat Reactivity and Regulation for Understanding Anxiety</td>
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<td>Williams, Leanne</td>
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<td>Engaging self-regulation targets to understand the mechanisms of behavior change and improve mood and weight outcomes (Co-PI)</td>
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<td>Wilson, Helen</td>
<td>NIH</td>
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<td>Exposure to violence and unsafe sex in late adolescent African American women</td>
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<td>Wu, Di</td>
<td>NIH</td>
<td>K56/R00</td>
<td>Asynchronous Release in Somatic Transmission</td>
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<td>Zeitler Jamie</td>
<td>NIH</td>
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<td>Treating sleep disruption in teens with millisecond light exposure during sleep</td>
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**Industry-Sponsored Clinical Trials and Research**

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<td>Adelsheim, Steven</td>
<td>Santa Clara County</td>
<td>Headspace Program</td>
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<td>Ballon, Jacob</td>
<td>Vanguard Research Group</td>
<td>A Cluster Randomized, Multi-center, Parallel-group, Rater-blind Study Comparing Treatment with Aripiprazole Once Monthly and Treatment as Usual on Effectiveness in First Episode and Early Phase Illness in Schizophrenia</td>
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<td>De Lecea, Luis</td>
<td>Boehringer Ingelheim Pharmaceuticals, Inc</td>
<td>Role of Hort neurons on Compulsive Behavior</td>
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<td>De Lecea, Luis</td>
<td>Janssen Research &amp; Development, LLC</td>
<td>Orexin receptor antagonists in stress and anxiety</td>
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<td>De Lecea, Luis</td>
<td>Johnson and Johnson</td>
<td>Functional Connectivity of GPR-139-Expressing Neurons</td>
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<td>De Lecea, Luis</td>
<td>Merck Sharp &amp; Dohme Corp.</td>
<td>Hictonoxin circuit dynamics and memory consolidation</td>
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<td>DeBattista, Charles</td>
<td>AssureRX Health, Inc.</td>
<td>A 12-Week, Randomized, Double-Blind, Controlled Evaluation Followed by an Open-Label 12-Week Follow-up Period of the Impact of Genesight Psychotropic on Response to Psychotropic Treatment in Outpatients Suffering from a Major Depressive Disorder (MDD) and Having Had (Within the Current Episode) an Inadequate Response to at Least One Psychotropic Medication Included in Genesight Psychotropic</td>
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<td>BRC Operations Limited</td>
<td>International Study to Predict Optimised Treatment - In Depression</td>
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<td>Pacsatter, Inc.</td>
<td>Continuing Access to SIV Totally Implantable Deep Brain Stimulation System using the BRIOD Rechargeable System</td>
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<td>DeBattista, Charles</td>
<td>St. Jude Medical Neurostimulation Division</td>
<td>A Long-term Follow-Up Study for the Evaluation of Patients who have a Deep Brain Stimulation System for the Adjunctive Treatment of Major Depressive Disorder</td>
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<td>DeBattista, Charles</td>
<td>Quintiles, Inc.</td>
<td>A Multicenter, Randomized, Double-Blind, Parallel Group, Placebo-controlled, Phase IIb Efficacy and Safety Study of Adjunctive AZD6765 in Patients with Major Depressive Disorder (MDD) and a History of Inadequate Response to Antidepressants</td>
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Industry-Sponsored Clinical Trials and Research (cont.)

Elkin, Amit
BRC Operations Limited
International Study to Predict Optimized Treatment in Depression

Hardan, Antonio
Edison Pharmaceuticals, Inc.
Analysis of the Glutathione Cycle in Children with Autism

Hardan, Antonio
Forest Research Institute, Inc.
A Double-Blind, Placebo-Controlled, Randomized Withdrawal Study of the Safety and Efficacy of Memantine in Pediatric Patients with Autism, Asperger’s Disorder, or Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS) Previously Treated with Memantine

Hardan, Antonio
Forest Research Institute, Inc.
An Open-Label Extension of the Safety and Tolerability of Memantine in Pediatric Patients with Autism, Asperger’s Disorder or Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS)

Hardan, Antonio
Roche TCRC, Inc.
A Multi-Center, Randomized, Double-Blind, 12-Week, Parallel Group, Placebo-Controlled, Proof Of Concept Study To Investigate The Efficacy And Safety Of Ro5285119 In Individuals With Autism Spectrum Disorders (AASD)

Humphreys, Keith
BDTEC Analysis Corporation
Improving self-command in offender populations

Kushida, Clete
Jawbone Corporation
Comparison of Jawbone Devices to In-Lab Polysomnography

Kushida, Clete
Patient-Centered Outcomes Research Institute
Sustainable Methods, Algorithms & Research Tools for Delivering Optimal Care

Kushida, Clete
Seven Dreamers Laboratories, Inc.
Nasal Airway Stent (NAS) study

Kushida, Clete
XenoPort, Inc.
A Multi-center, Open-Label, Single-Dose Pharmacokinetic and Safety Evaluation of HORIZANT (Gabapentin Enacarbil Extended-Release Tablets) in Adolescents Aged 13 to 17 Years Old with Moderate-to-Severe Restless Legs Syndrome

Kushida, Clete
XenoPort, Inc.
A Multi-center Open-Label Extension Study to Evaluate the Efficacy and Safety of HORIZANT (Gabapentin Enacarbil Extended-Release Tablets) in Adolescents Aged 13 to 17 Years Old with Moderate-to-Severe Restless Legs Syndrome

Kushida, Clete
XenoPort, Inc.
A Multi-center, Double-Blind, Placebo-controlled, Parallel Group, Efficacy and Safety Evaluation of HORIZANT (Gabapentin Enacarbil Extended-Release Tablets) in Adolescents Aged 13 to 17 Years Old with Moderate-to-Severe Restless Legs Syndrome

Kushida, Clete
XenoPort, Inc.
A Randomized, Placebo-Controlled, Double-Blind, Fixed Dose, Multiple Cohort, Multiple Crossover, Dose-Finding Study of Oral BTD-001 in Adults with Idiopathic Hypersomnia or Narcolepsy Type 2

Mignot, Emmanuel
CliniInn, Inc.
T Cell-Mediated Responses to H1N1 Vaccination and Narcolepsy

Mignot, Emmanuel
GlassSmittKine
A Double-Blind, Placebo-Controlled, Randomized Withdrawal, Multicenter Study of the Efficacy and Safety of Xyram with an Open-Label Pharmacokinetic Evaluation and Safety Extension in Pediatric Subjects with Narcolepsy with Cataplexy

Mignot, Emmanuel
Jazz Pharmaceuticals
A Long-Term, Open-Label Safety and Maintenance of Efficacy Study of JZP-110 ([(R)-2-amino-3-phenylpropylcarbamate hydrochloride] in the Treatment of Excessive Sleepiness in Subjects with Narcolepsy or Obstructive Sleep Apnea

Mignot, Emmanuel
Jazz Pharmaceuticals
A Twelve-Week, Double-Blind, Placebo-Controlled, Randomized, Parallel Group, Multicentric Study of the Safety and Efficacy of JZP-110 [(R)-2-amino-3-phenylpropylcarbamate hydrochloride] in the Treatment of Excessive Sleepiness in Subjects with Obstructive Sleep Apnea (OSA)

Mignot, Emmanuel
Jazz Pharmaceuticals
A Twelve-Week, Double-blind, Placebo-controlled, Randomized, Parallel-group, Multicenter Study of the Safety and Efficacy of JZP-110 [(R)-2-amino-3-phenylpropylcarbamate hydrochloride] in the Treatment of Excessive Sleepiness in Subjects with Narcolepsy

Mignot, Emmanuel
Jazz Pharmaceuticals
A Twelve-week, Double-blind, Placebo-controlled, Randomized, Parallel, 3-period, 3-treatment Crossover Study to Evaluate the Effect of Multiple Oral Dose Administration of SEP-363656 in Male and Female Adult Subjects with Narcolepsy- Cataplexy

Mignot, Emmanuel
Technische Universitat Munchen
Genotyping of Individuals with of Movement and Sleep Disorders

Miller, Shofali
March Sharp & Doehme Corp.
Adjunctive suvorexant for treatment-resistant insomnia in patients with bipolar disorder

Miller, Shofali
Sunovion Pharmaceuticals Inc.
Longer-Term Effectiveness of Lurasidone in Bipolar Disorder in a Clinical Setting

Nishino, Seiji
Ajinomoto Co., Inc.
Changes in Amino Acid Metabolism Associated with Narcolepsy

Nishino, Seiji
Ono Pharmaceutical Co., Ltd.
Sleep and behavioral characterizations of mouse models of Alzheimer’s disease (AD) and Dementia with Lewy Bodies (DLB)

Nishino, Seiji
Sanofi-Aventis Group
Evaluation of hypocretin-1 levels in CSF

Nishino, Seiji
SK Biopharmaceuticals
Characterization of the wake-promoting effects of SKN-N07 in the narcoleptic mouse model
Industry-Sponsored Clinical Trials and Research (cont.)

Noordsy, Douglas Janssen Research & Development, LLC A Prospective, Randomized, Matched Control, Open-Label, Rate-Bridged, Flexible-Dose Study in Subjects with Recent-Onset Schizophrenia or Schizophreniform Disorder to Compare Disease Progression and Disease Interception Following Treatment with Paliperidone Palmitate Long-Acting Injection or Oral Antipsychotics

Ragin, Natalie Magenetics, Inc. The use of Magnesium L-Threonate for the Enhancement of Learning and Memory in People with Family History of Dementia

Schatzberg, Alan Janssen Research & Development, LLC A Prospective, Longitudinal, Observational Study to Evaluate Potential Predictors of Relapse in Subjects With Major Depressive Disorder Who Have Responded to Antidepressant Treatment

Foundation and Non-Profit Funding (cont.)

Fung, Lawrence American Academy of Child and Adolescent Psychiatry Developmental Pathodynamics of Structural and Connectional Neuroanatomy in a Mouse Model of Fragile X Syndrome

Gallagher Thompson, Dolores World Health Organization Development of Support for Dementia Family Caregivers

Gyurak, Anett Brain & Behavior Research Foundation Trial of a nationwide cognitive-affective remediation training intervention in depression

Hall, Scott The John M. Merck Fund Treatment of Disruptive Behaviors in Fragile X Syndrome

Hardan, Antonio The Simons Foundation Autism Research Initiative Randomized Controlled Pilot Trial of Pregnenolone in Autism

Hosseini, Hadi Brain & Behavior Research Foundation Integrating NIRS-based Neurofeedback and Cognitive Rehabilitation for Improving Executive Function Network in Patients with Attention Deficit Hyperactivity Disorder (ADHD)

Humphreys, Keith Santa Clara County Designing a Social Impact Bond-Funded Mental Health Evaluation

Kawai, Makoto American Sleep Medicine Foundation Cortical Activation and Oxygenation During Sleep and Cognition: Window to Cognitive Impairment and Neurodegeneration in Aging

Ketter, Terence American Psychiatric Association The From Affective Illness to Recovery: Student Access to Rapid Treatment (FAIR START) program

Levinson, Douglas Cohen Veterans Bioscience Inc. Next Generation Award for Adolescent Substance Use Prevention

Levinson, Douglas Cohen Veterans Bioscience Inc. Danish and Military PTSD Analyses - CBVD 2016 Project

Malanka, Robert The Simons Foundation Autism Research Initiative Neural mechanisms of social reward in mouse models of autism

Menon, Vinod The Simons Foundation Autism Research Initiative Decoding Affective Prosody and Communication Circuits in Autism

Menon, Vinod Stanford Office of International Affairs DIA - Vinod Menon International Collaboration

Mignot, Emmanuel Cincinnati Children’s Hospital Medical Center A Multicenter Retrospective and Prospective Follow-up Study of Early Onset Childhood Narcolepsy: Recent Cases and Post Infection Human Subjects

Mignot, Emmanuel Klime-Levin Syndrome Foundation GNAS and Exome Sequencing in Klime Levin Syndrome (KLS)*

Mounain, Philippe The John M. Merck Fund Pharmacological and genetic solutions for FXS and related intellectual disabilities
Foundation and Non-Profit Funding (cont.)

O'Hara, Ruth  Bay Area Autism Consortium  Reduced Rapid Eye Movement Sleep in ASD Reflects Misalignment of the Circadian Clock

O'Hara, Ruth  The Simons Foundation Autism Research Initiative  Sleep Disordered Breathing, Microparticles and Proinflammation in ASD

Ordaz, Sarah  Brain & Behavior Research Foundation  Neural Functional Connectivity as a Mediator of the Effects of Parenting on Clinical Course in Adolescent Depression

Ordaz, Sarah  The Klingenstein Third Generation Foundation  Neural Functional Connectivity in Adolescent Depression: Mediating the Effects of Parental Warmth on Clinical Course

Parker, Karen  The Simons Foundation Autism Research Initiative  Detecting and Treating Social Impairments in a Monkey Model

Patrhasarathy, Srivasa  Human Frontier Science Program Organization  Unbiased identification of new mediators of sex hormone signalling and transport

Pasca, Srinivas  MQ: Transforming Mental Health  Unbiased identification of new mediators of sex hormone signalling and transport

Pasca, Srinivas  PCDH19 Alliance  Identifying cellular mechanisms of disease and novel therapeutic targets in neurons derived from patients with schizophrenia

Phillips, Jennifer  University of California, San Francisco  Characterization of Minimally Verbal Adults with ASD

Raigao, Natalie  Alzheimer's Association  Sex Specific Interactions of Modifiable & Non-modifiable Risk Factors of AD

Raigao, Natalie  American Diabetes Association, Inc.  Effects of Lisurgide on hippocampal structure and function in aging adults with prediabetes

Robakis, Thalia  Brain & Behavior Research Foundation  Epigenetic Profile of Attachment Insecurity in Postpartum Depression

Rodriguez, Carolyn  Brain & Behavior Research Foundation  Pilot Study of the NMDAR Modulator GLYX-13 in Obsessive-Compulsive Disorder

Rodriguez, Carolyn  The Robert Wood Johnson Foundation  Unbiased identification of new mediators of sex hormone signalling and transport

Saggar, Manish  Brain & Behavior Research Foundation  Neural Mechanisms Underlying Fast-Onset OCD Treatment Across Molecules, Physiology, and Circuits

Schatzberg, Alan  University of Michigan  Pritzker Neuropsychiatric Disorders Research Consortium 2016 allocation

Singh, Manpreet  Brain & Behavior Research Foundation  Neurobehavioral response during antidepressant-related dysfunctional arousal in high-risk youth

Stainberg, Elizabeth  A.P. Giannini Foundation  Anatomical, physiological and behavioral dissection of an amygdala-dopamine circuit

Subcontracts

Albucher, Ronald  University of Michigan  Electronic Bridge to Mental Health (eBridge) for College Students

Dabbiatista, Charles  Massachusetts General Hospital  Double-Blind, Placebo-Controlled Proof-of-Concept (POC) Trial of Ketamine Therapy in Treatment-Resistant Depression (TRD)

Elkin, Amit  New York University  Prevention of PTSD III - Neurobehavioral Training of Emotional Regulation

Gallagher Thompson, Dolores  PhotoStig, Inc.  Webnovels for Hispanic Dementia Family Caregivers

Hardan, Antonio  Boston Children's Hospital  Developmental Synaptopathies Associated with TSC, PTEN, and SHANK3 Mutations

Humphreys, Keith  Baystate Health  Impact of health reform on outpatient substance abuse treatment programs

Jo, Booil  Palo Alto Veterans Institute for Research  Clinical Trial of yoga as a therapeutic intervention for chronic pain in Gulf War illness

Jo, Booil  The Johns Hopkins University  Longitudinal Assessment of Manic Symptoms

Yesavage, Jerome  Well Medical College of Cornell University - Qatar  Medical Risk Factors for Perinatal Depression

Yoon, Jong  The Charles A. Dana Foundation  Improving the early detection of schizophrenia and outcomes with a novel method of precisely measuring substantia nigra activity

Zalpuri, Ishweta  American Psychiatric Association  SAMHSA's Minority Fellowship
Subcontracts (cont.)

Joshi, Shashank  
SRI International  
An Efficacy Study of the Cognitive Behavioral Intervention for Trauma in Schools (CBITS) Program

Kushida, Clete  
Palo Alto Veterans Institute for Research  
Treatments for Insomnia, Mediators, Moderators, and Quality of Life

Levinson, Douglas  
University of California, San Diego  
Psychiatric Genomics Consortium for PTSD

Levinson, Douglas  
University of California, San Diego  
Psychiatric GWAS - Genomic Follow Up Next-Gen Sequencing & Genotyping

Lock, James  
Recovery Record, Inc.  
Title Optimizing a Smartphone Application for Individuals with Eating Disorders

Lock, James  
University of California, San Francisco  
1/2-Adaptive Family Treatment for Adolescent Anorexia

Malenka, Robert  
Mt. Sinai School of Medicine  
Molecular Neurobiology of Drug Addiction

Manber, Rachel  
National Jewish Health  
Stepped-care management of insomnia co-occurring with sleep apnea

Schatzberg, Alan  
Palo Alto Veterans Institute for Research  
Emotion Regulation in Anxiety & Depression: A Novel Neurobehavioral Intervention

Sullivan, Edith  
SRI International  
CNS Deficits - Interaction of Age and Alcoholism

Sullivan, Edith  
SRI International  
INIA: Imaging Core

Sullivan, Edith  
SRI International  
Tracking HIV Infection and Alcohol Abuse CNS Comorbidity with Neuroimaging

Sullivan, Edith  
SRI International  
National Consortium on Alcohol and NeuroDevelopment in Adolescence (N-CANDA): Data Core

Trockel, Mickey  
Washington University in St. Louis  
Technology to Improve Eating Disorders Treatment

Urban, Alexander  
Yale University  
Genomic mosaicism in developing human brain

Urban, Alexander  
Yale University  
Somatic Mosaicism in the Brain of Tourette Syndrome
The Department of Psychiatry and Behavioral Sciences Small Grant Program, launched in 2015, was designed to promote research and collaborative scholarly projects advancing the academic interests of our faculty and the strategic themes of our department.

Projects across the full spectrum of science and scholarship were encouraged and we are very pleased to announce that 14 applications to the 2017 Small Grant Program in the Department of Psychiatry and Behavioral Sciences have been selected for funding. A large number of highly meritorious applications were received, far exceeding the amount of funding available. The 14 selected projects represent those most highly rated by reviewers and recognized for salience and balance across department missions, and include 8 pilot studies and 6 small scholarly projects. Information about each of these projects is noted on the following pages.

2017 Funded Pilot Studies

Sarah Adler, PsyD Analysis of Measurement Based Care Data to Inform Clinical Decision-Making: Building the Model

Cara Bohon, PhD Abnormal Perceptual Processing as a Maintaining Mechanism of Body-Image Disturbance in Adolescents with Anorexia Nervosa: Identifying a Novel Treatment Target

Weidong Cai, PhD Dynamic Brain States and Connectivity in Children with Attention-Deficit/Hyperactivity Disorder and Its Relation to Intra-Individual Variability and Clinical Symptoms

Erin Cassidy-Eagle, PhD Activate! Training Primary Care Providers in Behavioral Activation Therapy for Older Adults with Depression

Grace Gengoux, PhD Parent Training to Enhance Social Success for Children with Autism Spectrum Disorder

Hadi Hosseini, PhD Integrating Virtual Reality and NIRS Neurofeedback for Improving Executive Function in ADHD

Debra Safer, MD Assessing the Feasibility and Acceptability of a Parent-Based Intervention to Reduce the Risk of Obesity in Children of Weight Loss Surgery Patients

Ranak Trivedi, PhD Determining the Interdependence of Stress and Physical Activity Among Patients and Their Informal Caregivers

2017 Funded Small Scholarly Projects

Sepideh Bajestan, MD, PhD Patient-Centered Clinical Neuroscience Training to Facilitate the Communication with Challenging Neuropsychiatric Patients

Victoria Cosgrove, PhD Assessing Need for Psychosocial Support in Families with a Child Undergoing Treatment in the Bass Center for Childhood Cancer and Blood Diseases at LPHC

Christina Tara Khan, MD, PhD Integrating Mental Health into Primary Care in Rural Guatemala Through Task Shifting to Public Health Clinic Physicians

Philippe Mourrain, PhD Pharmacological and Genetic interrogation of Circuit Dynamics in the Parkinsonian Brain

Oxana Paleish, PhD, MPH Does Improving Sleep Modify Potentially Relevant Clinical Biomarkers Among Breast Cancer Patients Undergoing Chemotherapy?

Jennifer Phillips, PhD Development of a Measure of Social Motivation in Autism

Advancing Science

2016 Brain & Mind Summit

In September 2016, The Department of Psychiatry and Behavioral Sciences and Stanford Neurosciences Institute, in partnership with the Stanford Medical Development Center, hosted the two-day Brain-Mind Summit exploring the human brain -- the three pounds of matter gives rise to our mental life and behavior. In the same way that quantum physics and breaking the genetic code transformed the 20th century, neuroscience will transform the 21st century.

Over 120 philanthropists, entrepreneurs, and executives invited by two partner organizations gathered to engage with Stanford scientists and clinicians around the extraordinary complexity and power of the human brain. Faculty showcased how we are developing tools, new paradigms, and findings that are transforming our notions of disease and health. The NeuroLab demonstrations provided “hands on” experience with the human brain, virtual reality, transcranial magnetic stimulation, and more.

The dialogue and excitement at the Summit demonstrated the power of bringing many disciplines and fields of expertise together to accelerate our understanding, create novel solutions for brain disorders, and promote brain health and performance throughout the lifespan. The two days were like reading the first chapter of a very inspiring and thought-provoking book. We continue to engage and learn with a wide community interested in neuroscience and mental health.

Stanford Speakers:

Karl Deisseroth, MD, PhD, Amit Etkin, MD, PhD, Jamie Henderson, MD, BH Newsome, PhD, Sergiu Pasca, MD, Marc Tessier-Levine, PhD, David Spiegel, MD

Program Overview

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2016 Funded Pilot Studies

Jacob Ballon, MD  Open Label, Flexible-Dose, Adjunctive Bromocriptine for Patients with Schizophrenia and Metabolic Dysfunction

Michela Berk, PhD & Moira Kassar, MD  Pilot Test of a DBT Parenting Intervention for Youth Who Have Recently Attempted Suicides

Kim Bullock, MD  Virtual Reality for Functional Neurological Symptom Disorder

Tamar Green, MD  The Brain in Noonan Syndrome: a Pilot Study

Marish Saggar, PhD  Deciphering “Ongoing” Cognition Using Concurrent Multimodal Neuroimaging and Continuous Multitask Paradigm

Noelan Williams, MD  Comparison of the Clinical Efficacy and Change in Resting State Functional Connectivity of Transcranial Magnetic Stimulation versus Theta-Burst Stimulation over Left DLPFC in Resistant Depression

2016 Funded Small Scholarly Projects

Amy Alexander, MD  An Educational Intervention Program for Decreasing Mental Health Stigma and Barriers to Treatment for Veterinarians and Veterinary Students

Sarah Adler, PsyD  Addressing Perceived Barriers to Implementation of Measurement Based Care: A Pilot Feasibility and Acceptability Study

Erin Cassidy Eagle, PhD & Laura Dunn, MD  Older Adults Access to Quality Mental Health Services

Angie Chwen-Yuen Chen, MD  Safe Reduction of Chronic High Dose Opioid and Benzodiazepine Prescribing in the Primary Care Setting: Physician Support and Needs Assessment

Joseph Cheung, MD  Applying Wearable Technology and Genetics to Study Extreme Long Sleepers

Kate Hardy, ClinPsyChD  Pilot Study Investigating the Impact of a Group-Based Worry Intervention Trial on Attenuated Psychotic Symptoms, Worry, and Distress in Adolescents At-Risk of Developing Psychosis

Christina Khan, MD, PhD  Improving Pediatric Behavioral Health Integration at a Federally Qualified Community Health Center in East Palo Alto, CA

Jane Kim, PhD  Development of Tailoring Guidelines for Personalizing Behavioral Intervention Technologies

Daniel Mason, MD & Katherine Eisen, PhD  Reading and Recovery Expectations: Developing a Bibliotherapy Group for an Acute Inpatient Psychiatric Unit

Diana Naranjo, PhD  Training Mental Health Care Providers in Diabetes Distress to Address Psychosocial Need in Youth and Young Adults with Type 1 Diabetes

Daryn Reicherter, MD & Elo Williams, MD  Bringing Care to New Moms: Collaboration between the Gardner Packard Children’s Health Center and the Stanford Department of Psychiatry for the Evaluation and Treatment of Postpartum Depression

Carolyn Rodriguez, MD, PhD  Building Community-Academic Partnerships for Evidence-Based Treatment of Hoarding Disorder

Yelizaveta Sher, MD  Quality Improvement Project on Screening, Monitoring and Timely Treatment of Delirium Immediately Post Lung Transplantation

Shannon Sullivan, MD & Michelle Cao, DO  Survey of Sleep Education Offered by US Medical Residency Training Program

Ellie Williams, MD & Julie Weitlauf, PhD  Women’s Health and Wellness Advanced Clinical Didactic Workshop: Assessment and Treatment of Genito-Pelvic Pain/Penetration Disorder in Women with Interpersonal Trauma Exposure

2016 and 2017 Funded Project Awardees

Listed Alphabetically:
1) Adler, Alexander, Ballon, Bajestan, Berk, Bohon, Bullock, Cai, Cassidy-Eagle, Cao 2) Chen, Cheung, Cosgrove, Dunn, Eisen, Gengoux, Green, Hardy, Hossini, Kassar 3) Khan, Kim, Mason, Naranjo, Palesh, Reicharter, Rodriguez, Safdar 4) Saggar, Sher, Sullivan, Trivedi, Weitlauf, Williams, N Williams

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Educational Excellence

Educational excellence is an essential mission of the Department of Psychiatry and Behavioral Sciences. We are committed to nurturing the development of each of our learners through personalized education - an approach that fosters independent thinking and the pursuit of specialized interests. We are also committed to producing leaders - individuals whose work will bring about change in our world through their influence and impact.

Our department engages with over 6,000 learners each year, ranging from students in high school to clinicians in practice. We offer learners individual mentoring across a range of disciplines, including the clinical neurosciences, psychiatry, psychology, and other behavioral sciences, and strive to be an inclusive, supportive, and open-minded learning community. Interprofessional and transdisciplinary collaborations between the Department and all of the Schools of Stanford University (e.g., Business, Earth Sciences, Education, Engineering, Humanities & Sciences, Law) are promoted by being located on the same campus.

In sum, ours is a personalized and inclusive model of education. In keeping with the culture of Stanford University, we seek to foster individualism and innovation in supporting our learners to advance as leaders, engaged in critical thinking and creativity and bringing about transformative change in society.

Medical School Education in Psychiatry

Charles DelBattista, MD, DMH, Director of Medical Student Education
Yasmin Owusu, MD, Pre-Clerkship Director
Diyi R. Rovnaghi, MD, MS, Site Director VA PAD
Margaret May, MD, Assistant Site Director VA PAD

Psychiatry and behavioral sciences are taught during both the pre-clerkship and clerkship parts of medical school. Pre-clerkship instruction is offered to first and second year students and explores the psychological effects of physical diseases, the doctor-patient relationship, ethical issues in medicine, and human development; offers patient interviewing apprenticeships; and examines the major psychiatric disorders including psychotic, mood and anxiety, eating, somatoform and dissociative, and substance use disorders.

Elective courses are also offered in topics like careers in psychiatry and child and adolescent psychiatry. Clerkships in the third and fourth years of medical school offer clinical instruction in inpatient and outpatient interdisciplinary settings, designed to teach students how to conduct a diagnostic assessment and to use standardized diagnostic criteria and psychiatric treatments. Advanced psychiatric clerkships offer specialized experiences in child and adolescent, geriatric, sleep, psychosomatic, addiction, trauma, or research psychiatry.

Recent highlights:
- Developed clinical experience for first-year medical students, continuity clinic for third and fourth-year students, and subinternships in psychiatry.
Subspecialty Clinical Fellowships

Addiction Medicine Fellowship
Anna Lembke, MD, Training Director

The ABAM-accredited Addiction Medicine Fellowship is a one-year fellowship open to physicians who have completed an ACGME-accredited residency in any specialty. The fellowship provides state-of-the-art training in the treatment of patients with addiction. The program is tailored to the individual background and interests of the applicant, and our goal is to train physicians in all aspects of treating patients with substance use disorders, behavioral addictions, and co-occurring psychiatric and medical disorders. We also hope to promote future leaders, policy-makers, and researchers in the field of Addiction Medicine.

The Addiction Medicine Fellowship has become a model of cross-specialty training, represented at the White House Symposium on "Medicine Responds to the Need for Addiction Expertise" (2015). The fellowships also published the online, enduring CME course "Medicine Responds to the Need for Addiction Expertise" (2015). The fellowship has recently been approved by the QME office to expand from seven to nine fellows per year, for a total of 18 fellows over the two-year training.

The highest priority of the ABAM-accredited Child and Adolescent Psychiatry Fellowship is to prepare trainees for leadership roles in academic child and adolescent psychiatry, clinical practice, and public service. All fellows are thoroughly trained as clinicians and scholars. The training program is based on the principles of developmental sciences and developmental psychopathology. This theoretical framework views human development and its disturbances as flowing from the complex and reciprocal interactions between the family, broader social and physical environments, and biological factors. This framework integrates information from the social and behavioral sciences, developmental psychology, neuroscience, molecular biology and human genetics, developmental biology, and epidemiology.

The fellowship has recently been approved by the QME office to expand from seven to nine fellows per year, for a total of 18 fellows over the two-year training.

The fellowship is open to both psychiatry and neurology residents who have fulfilled their ACGME requirements in their respective fields. The fellowship includes administrative and systems aspects of delivery, the mental health of transitional and young adults, and opportunities to pursue research and to be educators.

The Sleep Medicine Fellowship is viewed internationally as the world’s leading training program for sleep disorders medicine and thorobdy drives trainees from across the United States as well as from around the globe. It is also the first fellowship program accredited by the American Sleep Disorders Association.

This one-year clinical fellowship at the Stanford Sleep Medicine Center at Stanford Hospital and Clinic covers multiple aspects of sleep medicine including the pharmacology of sleep, sleep-disordered breathing, insomnia, narcolepsy, pediatric sleep, parasomnias, restless leg syndrome, neurodegenerative disorders, and orthodontics involving both children and adults. Fellows have opportunities to pursue research and to be educators.

Neuropsychiatry Fellowship
John Barry, MD, Training Director
Sepideh Bajestan, MD, PhD, Associate Training Director

The UCNS-accredited Neuropsychiatry Fellowship is a one-year fellowship designed to provide requisite skills and resources that will allow the fellow to practice independently as a neuropsychiatrist. The fellowship is open to both psychiatry and neurology residents who have fulfilled their ACGME requirements in their respective fields.

Training occurs in both inpatient and outpatient settings and on psychiatric and neurological services. The fellowship allows for research and specialization, including a traditional neuropsychiatry track and an interventional psychiatry track that emphasizes transcranial magnetic stimulation, electroconvulsive therapy, vagus nerve stimulations, and deep brain stimulation.

We recently increased from one to two fellows and to seven faculty who are ABPN-certified in "Neuropsychiatry and Behavioral Neurology."

The ACGME-accredited Psychosomatic Medicine Fellowship is a one-year fellowship that includes the evaluation and management of the psychiatric complications of medical illness and/or its treatment, in both the inpatient and ambulatory care settings. This fellowship offers abundant didactic, clinical, and cutting-edge research opportunities. The program is designed to allow each fellow to develop his or her unique strengths and interests. Every year fellows are mentored in various aspects of academic medicine, from research design to grant writing, to manuscript writing and publishing, to presentations at local, national and international scientific meetings. Our fellows’ participation in clinical research have contributed to the development of various clinical tools currently used world-wide for the psychosocial assessment of solid organ transplant candidates, to the prediction of patients at risk for compulsive alcohol withdrawal, to the assessment of delirium in medically ill individuals. They have also been instrumental in the development of treatment protocols and algorithms.

We have increased our program to two fellows and to five faculty who are ABPN-certified in "Psychosomatic Medicine."
Clinical Psychology Training

Child and Adolescent Pre-doctoral Psychology Internship

Michelle Brown, PhD, Director
The Predoctoral Psychology Internship in child clinical/pediatric psychology, accredited by the American Psychological Association, is one-year long at the Lucile Packard Children’s Hospital at Stanford and the Children’s Health Council. This program seeks to train highly skilled and sensitive clinicians capable of functioning in a variety of multidisciplinary clinical settings and using a variety of treatment methods and conceptual perspectives, with a range of child and family problems.

The internship year is the capstone experience in the overall professional development and ultimate professional identities of PhD clinical psychologists-in-training and is tailored to the individual needs of interns. The program trains high-quality clinicians with a realistic sense of their professional capabilities.

PGSP-Stanford PsyD Consortium

Kimberly Hill, PhD, Co-Director of Clinical Training
Robert Holaway, PhD, Co-Associate Director of Clinical Training
Allison Thompson, PhD, Co-Associate Director of Clinical Training

The PGSP-Stanford PsyD Consortium is a full-time, five-year, practitioner-scholar program intended for those seeking careers as highly skilled and sensitive clinicians capable of functioning in a variety of multidisciplinary clinical settings and using a variety of treatment methods and conceptual perspectives, with a range of child and family problems. Over the last four years, the PGSP-Stanford PsyD Consortium internship match rate has averaged 99% in APA-Accredited internships. In 2017, we matched 100% of graduates into American Psychological Association-accredited internships. The program trains high-quality clinicians with a realistic sense of their professional capabilities.

Clinical Psychology Post-doctoral Fellowships

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Advanced Research Training Programs

Clinical Psychology

Clinical Child and Adolescent Psychology

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T32 Biobehavioral Research Training Program

PI: Alan Schatzberg, MD
Co-Pi: Rachel Marber, PhD and W. Stewart Agras, MD

Funded by the National Institute of Mental Health, T32MH019938: A Biobehavioral Research Training Program is designed for those who plan to pursue careers in clinical research with a specialization in adult disorders including mood, anxiety, and eating disorders and related areas such as insomnia.

This program aims to help clinically trained MD and PhD fellows develop skills and experiences in research to enable their investigative careers. Research in the program is conducted under the direction of faculty mentors. The core aspect of the program is the mentoring relationship that will eventually enable an independent program of research. The training program offers didactic courses to promote research and professional development.

Continuously funded by NIH since 1994, this program has supported fellows in the last five years, who have produced over 40 publications in top journals, and won career development grants from NIH. All the 2016 graduates currently have academic appointments -- two are instructors in our department and have K08 awards and another is a MIRECC fellow and was awarded a NARSAD Young Investigator Award.

T32 Multi-Institutional Training in Genetic/Genomic Approaches to Sleep Disorders

PI: Emmanuel Mignot, MD, PhD
Co-PI Ruth O’Hara, PhD

This multi-institutional T32 training grant is the first multi-site training program to be funded by NIH-EII. It involves the University of Pennsylvania, Stanford, Johns Hopkins, and the University of Michigan and provides three years of post-doctoral fellowship training. A full complement of fellows are now recruited to this T32. Trainees have co-mentors at their home institution: one expert in sleep research and one in genetics/genomics.

Each fellow also has a mentorship committee with experts in sleep research and genetics from the various institutions in this program, as well as others, when appropriate, having currently funded training programs in sleep research (e.g., Harvard, Penn, Pittsburgh). Trainees who pursue genetic/genomic research at these other institutions will also be considered part of this national effort. Trainees take a core curriculum using video-based IT technology including lectures on genetics/genomics of sleep and its disorders by faculty at all participating institutions, and attend career development training, and grants workshop, journal club, and research-in-progress talks by trainees. Dr. Mignot is a regular contributor to the monthly didactics on the genetics of sleep, and the monthly national grant writing seminar is led by Dr. Ruth O’Hara at Stanford University. This is a relatively new fellowship and has not had any graduates yet.
T32 Research Training for Child Psychiatry and Development

PI: Allan Reiss, MD

Positions are available for two to three years of training in clinical or basic research for MD and PhD fellows. This program is particularly intended for beginning researchers who seek to improve or expand their ability to conduct interdisciplinary investigation in brain and behavioral sciences.

Candidates will have the opportunity to participate in research projects of their mentors and/or develop their own research projects. Weekly seminars and formal training in research methods and ethics are integral parts of the program.

Continuously funded by NIHM since 1993, this program has produced fellows who have been highly productive and continued on in academia. The two graduates in 2016 took on academic positions at Stanford, one as a MIRECC fellow and the other as a postdoctoral trainee in Neurobiology.

Mental Illness Research, Education, and Clinical Center (MIRECC) Advanced Fellowship

Ruth O'Hara, PhD National Director
Kari Fairchild, PhD, Director (Psychology), VISN 21
Michael Ostacher, MD, MPH, MMSc, Director (Psychiatry), VISN 21

The Sierra Pacific Mental Illness Research, Education, and Clinical Center (MIRECC) at Veterans Affairs Palo Alto Health Care System provides a two-year post-doctoral fellowship affiliated with Stanford for MD and PhD fellows.

The Sierra Pacific MIRECC fellowship is an integrated system of clinical, research, and educational efforts designed to improve the clinical care for aging veterans with dementia and with PTSD. Dementia and PTSD share common clinical symptoms including cognitive difficulties, sleep disorders, and agitation and the Sierra Pacific MIRECC aims to evaluate current approaches and develop new treatments for these clinical problems. The training program offers didactic courses to promote research and professional development.

Amongst the 2016 MIRECC graduates, two have academic positions as instructors in our department and one is a VA psychologists and Associate Director of the National VA Advanced Fellowship Program in Mental Health Research and Treatment.

War Related Illness and Injury Study Center (WRIISC) Post-doctoral Fellowship

Ansgar Furst, PhD, Fellowship Director

The War Related Illness and Injury Study Center at the Veterans Affairs Palo Alto Health Care System provides a two-year post-doctoral fellowship affiliated with Stanford for MD and PhD fellows in advanced neuroimaging, neuroscience, mental health and neurosciences, and complementary and alternative medicine. The fellowship is sponsored by the Office of Academic Affiliations, Department of Veterans Affairs.

The training program offers didactic courses to promote research and professional development and has attracted strong applicants from across the nation. Since its inception in 2012 more than a dozen fellows successfully completed their training and subsequently launched careers in healthcare, high tech, or government.

Amongst the 2016 WRIISC graduates, one has an academic position at another university and the other has a staff position at the Palo Alto VA.

National Center for Posttraumatic Stress Disorder (NCPTSD) Advanced Fellowship

Marylene Clotre, PhD, Fellowship Director

The National Center for Posttraumatic Stress Disorder (NCPTSD), Division of Dissemination and Training at the Veterans Affairs Palo Alto Health Care System provides a two-year post-doctoral fellowship affiliated with Stanford University for MD and PhD fellows in PTSD. The fellowship is sponsored by the Office of Academic Affiliations, Department of Veterans Affairs.

The training program is mentorship-based with a focus on guiding and supporting the fellow to an independent research career. The fellowship focuses on research regarding engagement, assessment, and treatment of traumatized populations and extending reach of care both within VA and to national and global communities. This fellowship is in its fifth year. Thus far all graduates have obtained academic or VA research positions in line with our training mission.

One 2016 graduate of the NCPTSD is now a research psychologist in our department.

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Continuing Medical Education (CME)

Alan Louie, MD, Director

Multiple educational activities are sponsored the Department of Psychiatry and Behavioral Sciences. The target audiences are usually psychiatrists, clinical psychologists, behavioral and neuroscientists, non-psychiatric physicians, allied health professionals, and trainees, but several are also open to the general public. Many CME credits can be earned through the Stanford Center for Continuing Medical Education.

Examples of these activities are as follows:

- CME Conferences: Innovations in Psychiatry and Behavioral Sciences, Closing the Gap: Moving Towards Best Practices in Psychiatry
- Grand Rounds: Psychiatry and Behavioral Sciences Grand Rounds, Sleep Medicine Grand Rounds, Geriatric Psychiatry and Neuroscience Grand Rounds
- Joint Sessions of the Psychiatry and Behavioral Sciences Grand Rounds and the Stanford Neuroscience Institute
- Regularly Scheduled Series (other than Grand Rounds): VA Interdisciplinary Mental Health CME Series, Prescription Drug Misuse and Addiction Compassionate Care for a Complex Problem: “Screening and Assessing Depression in Primary Care Settings: Clinical and Ethical Considerations:” “Dementia and Diversity in Primary Care: A Primer – Guidelines, Ethnic Differences, and Assessments”

Stanford Geriatric Education Center (SGEC)

Dolores Gallagher-Thompson, PhD, ABIPP, Director

The Stanford Geriatric Education Center (SGEC) is a nationally recognized leader in the field of ethnogeriatrics, health care for elders from diverse populations. Since SGEC was funded by the Bureau of the Health Professions in the Health Resources and Services Administration in 1987, hundreds of resources have been developed, and over 1600 trainings have been conducted with over 32,000 faculty and health care providers from a variety of disciplines, including medicine, nursing, social work, psychology, occupational therapy, pastoral counseling, and related fields.
Medical Computer Vision: Algorithms for Big Data
Co-Editor Weidong Cai, PhD

Psychotherapy for Immigrant Youth
Co-Editor Daryn Reicherter, MD

The Academic Medicine Handbook: A Guide to Achievement and Fulfillment for Academic Faculty
Editor Laura Roberts, MD, MA

Autism Spectrum Conditions: FAQs on Autism, Asperger Syndrome, and Atypical Autism Answered by International Experts
Co-Editor Joachim Hallmayer, MD, Dr.med

A Clinical Guide to Psychiatric Ethics
Author Laura Roberts, MD, MA

PANDAS and PANS in School Settings: A Handbook for Educators
Contributor Margo Thienemann, MD

Psychiatric Aspects of Critical Care Medicine: An Issue of Critical Care Clinics, 1e (The Clinics: Internal Medicine)
Editor José Maldonado, MD, FAPM, FACFE

Community-Based Participatory Research for Improved Mental Healthcare: A Manual for Clinicians and Researchers
Author Laura Roberts, MD, MA

Connect Core Concepts in Health
Co-Author Walt Rith, MD

Couples and Family Therapy in Clinical Practice
Co-Author Ira Glick, MD

Douglas Rait, PhD

Cultural Issues in Pediatric Mental Health: An Issue of Child and Adolescent Psychiatric Clinics of North America
Co-Editor Shashank Joshi, MD

Recent Books (cont.)

Psychotherapy for Immigrant Youth
Co-Editor Daryn Reicherter, MD

The Academic Medicine Handbook: A Guide to Achievement and Fulfillment for Academic Faculty
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Co-Editor Joachim Hallmayer, MD, Dr.med

A Clinical Guide to Psychiatric Ethics
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Recent Books (cont.)
Recent Books (cont.)

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Co-Author James Lock, MD, PhD

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Co-Author Helena Chmura Kraemer, PhD

Impulse Control Disorders
Co-Editors Elias Aboujaoude, MD Lorrin Koran, MD

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Co-Author and Co-Editor Laura Roberts, MD, MA

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Editor James Lock, MD, PhD

Partnerships for Mental Health: Narratives of Community and Academic Collaboration
Co-Editors Laura Roberts, MD, MA Daryn Reichert, MD Steven Adelsheim, MD Shashank Joshi, MD

Psychotherapy for Immigrant Youth
Co-Editor Daryn Reichert, MD

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StudGuide to DSM-5
Co-Editors Laura Roberts, MD, MA Alan Louis, MD

The Treatment of Drinking Problems: A Guide to the Helping Professions
Co-Author Keith Humphreys, PhD

Treating Adolescents
Co-Author Hans Stainer, MD

Treatment Manual for Anorexia Nervosa, Second Edition: A Family-Based Approach
Co-Author James Lock, MD, PhD

Treatment Plans and Interventions for Insomnia: A Case Formulation Approach
Co-Author Rachel Manber, PhD

Virtually You: The Dangerous Powers of the E-Personality
Author Elias Aboujaoude, MD
The preeminence of Stanford Medicine’s Department of Psychiatry and Behavioral Sciences is predicated on exceptional clinical care for individuals and families across the age spectrum who live with mental disorders and related conditions. The need for exceptional care — care that is richly informed by expertise, evidence, compassion, and attunement — is urgent. One-in-five adults and one-in-eight children in the US experience an episode of mental illness each year, and one life is lost every 15 minutes to suicide in this country. Our community is especially hard hit, with a suicide rate far greater than national averages. Addressing the mental health needs of children, transitional age youth, adults, and elders is a priority for Stanford Medicine in serving the Bay Area and in serving as a model academic program across the country.

Over the past five years, the Department has recruited many new faculty who have brought novel areas of expertise, deepened our existing areas of strength, and advanced innovative clinical approaches and models of care. In partnership with our affiliated hospitals, Stanford Health Care, Stanford Children’s Health, and Palo Alto Veterans Affairs Health Care System, we have greatly expanded our portfolio to include new and more intensive clinical services and programs. In FY2016, our Quarry Road clinics will have nearly 67,000 outpatient visits and our faculty as a whole has doubled the clinical productivity as measured by wRVU’s since 2010. Many more patients are seen at other sites, such as El Camino Hospital, Santa Clara Valley Medical Center, and the Palo Alto and Menlo Park VA. We work side by side with physicians in every clinic and service line of our affiliated hospitals, providing state-of-the-art care for cancer, cardiovascular disease, neurological and neurosurgical conditions, and general medical, surgical, and emergency care.

Through enriched community-based partnerships, including engagement with local schools and federally qualified health centers, we are able to provide needed expertise and greater presence to our neighbors seeking mental health services. Through technological innovation, we are able to provide needed expertise and greater presence in the care of special populations, e.g., veterans with trauma-related syndromes, and individuals at risk for eating disorders. Working intensively with Stanford University, we have expanded our services to students, staff, faculty, and their loved ones, on our campus. We are excited to have improved capacity and access, better serving the patients of the Stanford community, Stanford Medicine, the Bay Area, and beyond. Through integration with our translational, clinical, and implementation science activities, as well as our clinical training programs, we are able to have optimal impact in real-time and in the future.

For additional information please see http://med.stanford.edu/psychiatry/patient_care.html.
University Engagement

Student Health and Wellbeing

The Department of Psychiatry and Behavioral Sciences works in close collaboration with colleagues across Stanford University to foster and support the wellbeing and overall health of our students. Our efforts fall along the five missions of advancing science, clinical innovation, educational excellence, community commitment and engagement, and leadership and professionalism. We have endeavored to be good citizens and outstanding partners in addressing the hardest challenges faced on every university campus across the country: enhancing mental health and combating the phenomena of sexual violence and of discrimination associated with identity. Our retreat in June 2017 will focus on social justice as one of its primary themes.

In the undergraduate programs, we have made intensive, comprehensive, and expanding efforts to address student well-being and mental health in specific areas including increased focus on well-being of each student, strengthened positive care, community resources across the campus, further integration of self-care in the curriculum, more coordinated, comprehensive mental health services, new prevention, identification, and early-intervention approaches, and preparation for the needs of future students. In addition, for years we have partnered with others in the School of Medicine and Stanford Health Care to develop new services for physicians-in-training as well as other health professionals to promote self-care and strengthened programmatic approaches ensuring health of trainees and their mentors and teachers.

In 2016, James Jacobs, M.D., Ph.D., FACEP joined us as the Associate Vice Provost for Student Affairs, Executive Director of Vaden Health Center and Associate Professor, Department of Psychiatry and Behavioral Sciences and Emergency Medicine (by courtesy).

Vaden Health Center is an accredited, multidisciplinary ambulatory clinic serving the 16,300 undergraduate, graduate, and professional students of Stanford University. Vaden departments include medical services, psychiatric and counseling services, the Confidential Support Team (soon to be located at Kingscote Gardens) for survivors of sexual and relationship abuse, some wellness services, and administrative operations. Additional clinical services available at Vaden include nutrition, radiography, laboratory, injection and immunization clinics, travel medicine, pharmacy, and physical therapy, plus specialty clinics staffed by School of Medicine faculty. Vaden also administers the Cardinal Care health insurance program, which serves more than half of the student body. All of Vaden’s physicians, the director of the Confidential Support Team, and increasing numbers of psychologists are Clinician Educators in the School of Medicine, primarily in the Department of Psychiatry and Behavioral Sciences and in the Department of Internal Medicine. Vaden also hosts a training program for pre- and post-doctoral psychologists and serves as a rotation site for Stanford Psychiatry and Internal Medicine resident physicians.

92% satisfaction with therapists in 2016 (up 20% from 2015)

6 days to schedule an in-person appointment (down from 10 days in 2015)

$2.7M University increase to prevent and resolve sexual assault

New Collaborations Across Campus

Creation of the Confidential Support Team

Directed by our Department’s own Dr. Helen Wilson, the Confidential Support Team (CST) provides rapid-response confidential support services for students who are affected by sexual assault and relationship violence, including domestic abuse, intimate partner abuse, stalking, and sexual or gender-based harassment. CST services include brief emotional support and ongoing individual counseling. CST Counselors can be reached 24 hours a day and they offer information about rights and reporting options, and support throughout the reporting process to faculty, staff, and student organizations. Counselors provide one-to-one response for students who want to talk, need urgent and/or safety assistance, and access to medical help. These professionals provide connection to resource support, including referral for longer-term health services, information about campus resources, and legal reporting options.

Other Examples of New Collaborations

- Creation of several new psychotherapy groups to address and support needs of special student groups/interests
- Introduction of new models of short- and medium-term multidisciplinary therapies
- Expanded services for underrepresented students
- Expanded services for at-risk students
- Expanded services for student athletes
- New University Mental Health Fellowship for physicians

Stanford WellConnect

Stanford WellConnect is a confidential mental health referral and consultation for residents and fellows, and it is a program that helps support institutional programs with necessary educational activities and policies related to trainee health and wellbeing. For physicians-in-training, stressors can get in the way of balancing the demands of professional and personal life, and without help, problems can intensify, having an effect on emotional and physical well-being and professional success. Although emotional distress often manifests in obvious ways, the symptoms can be subtle. WellConnect is a way to help our students stay healthy and resilient, even as they face the many challenges that come with modern medical training.

Student Athletes

The Sport Psychology Service offers confidential personal counseling, performance psychology counseling, psychological rehabilitation from injury, medication evaluation and management and specialized care referrals. Team centered workshops for varsity teams, crisis intervention and consultation with coaches and athletic department staff are also available. The services are provided by two licensed psychologists who specialize in sport performance and in student-athlete mental health. Medication evaluation and treatment is provided by physician specialists of the Department.
Community Commitment and Engagement

Community commitment and engagement is a fundamental academic mission of the Department and continues to grow and expand over time. Our community mission is defined broadly and flexibly to include our dedication to expanding our intensive local, state, and national community partnerships, ultimately extending these efforts to support novel behavioral health systems for providing mental health care around the world. In addition, we focus on building academic collaboration and support among our faculty, learners, and staff across the Stanford community and family. Our view is that community commitment and engagement will have the greatest impact when informed by and combined with the other missions of science, clinical care, education, and leadership.

The Department has had a long tradition of great efforts in our community – sharing expertise and working on site at our local schools, serving on multidisciplinary care teams in Santa Clara County, supporting shared clinical training programs in San Mateo County, providing care for individuals with mental illness from historically underrepresented communities throughout our area, and working shoulder to shoulder with clinicians in federally qualified health centers to the north and the south of our campus. Our faculty have partnered with local agencies and advocacy groups to bring greater focus to the public health impact and specific needs of people living with mental disorders, ranging from autism to schizophrenia. We have worked tirelessly to address the issue of suicide that has threatened the lives of our young people and the heart of our neighborhood.

In each of these efforts, we bring the unique strengths of an academic partner. Collaborations between community and academic partners can have far greater impact than the work of either entity alone. As described in the 2015 book titled Partnerships for Mental Health: Narratives of Community and Academic Collaboration, co-edited by faculty members Drs. Laura Roberts, Daryn Reicherter, Steven Adelsheim, and Shashank Joshi, these partnership efforts tend to be successful by combining the collective wisdom and expertise of the community with the research, clinical, and educational skillsets of the academic center. While this collaborative process requires additional time, communication, and coordination, inevitably the results lead to better outcomes for all communities involved.

Because it is so important for us to address these critical mental health issues, the community mission is valued by every member of our Department, whether laboratory scientist or front-line community-based clinician. Our community engagement and collaboration mission remains an area of ever-increasing focus as a key component of the vision and within our 10-year plan aspiration for the Department of Psychiatry and Behavioral Sciences of Stanford Medicine. Numerous groups of faculty, trainees and staff have come together to support these community efforts, including the monthly Community Psychiatry and Behavioral Sciences Workgroup, the faculty Community Engagement Advisory Committee, and the trainee community interest group. The dialogues within these workgroups and with our community partners have led to numerous community-based activities in training, research and program development.

This past year has led to a greater expansion of partnerships for youth through our Center for Youth Mental Health and Wellbeing. Our department extended its partnerships to more school districts across the region, and in collaboration with Stanford Children’s Health, spearheaded our first, bi-annual regional adolescent mental health conference, attended by over 400 people from across the Bay Area and nation. We have also widened our community outreach with the Chinese, South Asian and Muslim communities, and we continue to move forward in our suicide prevention efforts with Santa Clara and San Mateo Counties.

Our department continues to expand the community experiences for our trainees in county and local agency settings. We continue to integrate our community behavioral health efforts with an ever-increasing number of county and community agencies and partners. Many of our department’s faculty serve in leadership roles with local community collaboratives, including Project Safety Net, the Santa Clara County Suicide Prevention Task Force and EPI-AID CDC Suicide Report Team, and the San Mateo County Chinese Health Initiative to just name a few.

We continue to develop and expand our programs and laboratories to support communities of people with early psychosis, children and adults who have experienced trauma, the US Muslim community, people with Alzheimer Disease, veterans living with co-occurring disorders, international victims of torture and others. And through the development of new partnerships, we seek to expand our community engagement efforts to increase broad access to culturally appropriate, cutting-edge mental health care.

Over this next year we plan to partner with Santa Clara County on two “headspace-like” sites within the county, expand our community forensic partnerships via new training opportunities with Santa Clara and San Mateo Counties, work to build on Muslim mental health partnerships with the Bay Area Muslim community, and support the expansion of the very popular CHIPAO parent-child communication workshops. We will continue to directly address and challenge the issue of stigma that prevents delays access to critical mental health care and leads to difficulty in advocating for expanded community resources for mental health care. Further, by expanding on current efforts to create a cadre of trainees equipped to serve as community mental health leaders and team members, providing education and consultative support for our community-based partners across a range of settings and disciplines, and reaching out to offer clinical expertise in community-based clinics. In doing so, we hope to strengthen our relationships and community capacity, to give rise to better mental health outcomes for the communities, people and populations we serve.
Community Outreach Efforts: Exemplars
Regional and National Collaborations

Adolescent Wellness Conference
In August of 2016, the Stanford Psychiatry Center for Youth Mental Health and Wellbeing co-sponsored the first regional adolescent mental wellness conference with Lucile Packard Children’s Hospital (LPCH). Held in South San Francisco, the conference had over 70 speakers and was unique in bringing together youth, parents, educators, clinicians, and policymakers to focus on youth mental health issues and needs. The conference was attended by over 400 people from across the Bay Area and received rave reviews. The next conference is planned for the spring-summer of 2018.

American Psychiatric Association Minority HIV Fellowship
The APA offers fourth year medical students the opportunity to spend one month at Stanford’s Positive Care Clinic and Santa Clara Valley Medical Center’s PACE Clinic working with Dr. Lawrence McGlynn in HIV psychiatry. The fellowship provides a stipend for housing, as well as a fully-funded 3-day HIV training program in Washington D.C.

American Psychiatric Association College Mental Health Caucus
Dr. Amy Alexander is also currently serving as one of the Co-Chairs of the APA’s (American Psychiatric Association’s) College Mental Health Caucus, which advocates for mental health issues that are important to the college student population. She is also one of the APA’s representatives to HEIMHA (Higher Education Mental Health Alliance), a consortium of 9 national organizations which actively serve the field of college mental health. Amy was also elected as Treasurer in the Association for Women Psychiatrists (AWP), which meets yearly at the APA meeting. This is a group which advocates for women’s issues in the field of psychiatry.

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Arbor Free Clinic: Stanford Medicine’s Free Clinic
Founded in 1990, the ongoing mission of Arbor Free Clinic is to provide culturally appropriate, high quality transitional medical care for an underserved patient population and to educate and empower a new generation of healthcare leaders to proactively address health disparities and improve access to care in their communities. Dr. Daryn Reichert is Faculty Advisor and an Attending Physician for the Mental Health Chapter of the Arbor Free Clinic. This serves as a training experience for Resident Psychiatrists, Medical Students, and Pre-medical Undergraduates.

The California Student Mental Health Policy Workgroup
State Superintendent of Public Instruction (SSPI) Tom Torlakson convened the Student Mental Health Policy Workgroup (SMHPW) to bring together individuals with diverse expertise to develop innovative policy recommendations to address the mental health challenges facing vulnerable youth. This work group is composed of teachers, school counselors, school social workers, school psychologists, school nurses, and school administrators, as well as state and county mental health professionals. This diverse group of experts has reviewed the current mental health needs of California students as well as the existing student mental health practices, and its first recommendation is that educators—including administrators and teachers—need more training in student mental health. Dr. Shashank Joshi and Dr. Steven Adelsheim are members of this policy workgroup.

Center for Survivors of Torture, Asian Americans for Community Involvement
Since its inception in 2000, Center for Survivors of Torture (CST) has provided specialized services, including individual and group psychotherapy, psychiatry, psychological and medical evaluations for political asylum cases, medical, social and legal services to more than 800 victims of torture and family members from 64 countries. Dr. Daryn Reichert has become the medical director and provides clinical services for victims of political torture from around the world. He also helped develop rotations there to enhance exposure to community psychiatry for education at Stanford School of Medicine. AACI now has a robust resident training program and PayQ training from Stanford and from Stanford/PAU programs (respectively). AACI is developing an integrated behavioral health program to compliment its growing primary care program as well.

Center for Youth Wellness
The Center for Youth Wellness (CYW) is an innovative, public-private initiative working to provide a full spectrum of services under one roof for San Francisco’s most vulnerable children. Dr. Victor Carrion is a founding member and past Chair of the Scientific Advisory Committee. Dr. John Retterer provides ongoing support in yoga and mindfulness practices for CYW staff.
Early Psychosis/ CBT for Psychosis Training

Dr. Kate Hardy has led departmental efforts in early psychosis training for regional and state partners. With First Hope, in Contra Costa County Dr. Hardy has been training community clinicians in CBT for individuals at risk of developing psychosis with 6-month weekly consultation and tape review to ensure clinicians provide fully competent CBT for this population. She also works with Contra Costa Behavioral Health, training team members in Positive Practices for working with Psychosis (a CBTp informed approach) for clinicians working with adults with psychotic disorders in the community plus ongoing group consultation. On the state level, Dr. Hardy collaborates with the Department of State Hospitals, training 25 clinicians in CBT consultation. On the state level, Dr. Hardy collaborates with the Department of State Hospitals, training 25 clinicians in Cognitive Behavioral Therapy for psychosis plus 9-month weekly consultation to support provision of this model within the state forensic system.

Gardner Family Health Network

Dr. Daryn Reicherter is a Consulting Psychiatrist working to develop Integrated Behavioral Health for Gardner Primary Care. Three of Gardner’s 7 sites have operational behavioral health, including Packard/Gardner Children’s Health Center. Gardner has an operational 1st Five Program operating at several sites. The program is growing with the goal of having behavioral health available at all its sites.

Headspace Program Development

With funding from the Robert Wood Johnson Foundation and Santa Clara County’s Behavioral Health Board, Stanford Psychiatry’s Center for Youth Mental Health & Wellbeing is leading the effort to bring the headspace model to the US by establishing stand-alone, integrated care sites for young people ages 10-25 to access early mental health support. Under the direction of Dr. Steven Addisheim, the Center is in the process of creating infrastructure and partnerships to pilot the very first US-based implementation of the Headspace model in the San Francisco Bay Area with the goal of national replication.

El Camino Women’s Medical Group

El Camino Women’s Medical group provides comprehensive women’s health care in Mountain View and San Jose. It is the largest OB/GYN practice that caters to the Muslim community and holds a community partnership affiliation with the Department of Psychiatry and Behavioral Sciences to offer women’s mental health care to its diverse population. Dr. Rania Awaad serves as its Psychiatric Director.

Muslim American Mental Health Leadership

Dr. Rania Awaad continues to be recognized for her national leadership in Muslim mental health. In April of 2016, by invitation of President Obama, the Secretary of Health and Human Services, Sylvia Burwell and SAMHSA leadership, she represented the Stanford Muslims and Mental Health Lab at a convening at the Department of Health in DC to discuss matters relating to Muslim Mental Health.

One East Palo Alto Neighborhood Improvement Initiative

One East Palo Alto (OEPa) is a youth-focused, community-based nonprofit established as a comprehensive community change initiative. OEPa’s mission is to develop resident leadership, broker resources and services, build the capacity of individuals and organizations, and advocate for change for East Palo Alto youth. In a project supported by a Spectrum Grant for Population Health Sciences, Dr. Ryan Mallow and Dr. Flint Espil provide consultation and training for OEPa’s Behavioral Health Advisory Group Ambassador Team to inform support services provided to youth and families at Ronald McNair Academy. In addition, Dr. Mallow participates and consults on OEPa’s Youth Empowerment and Strategies for Success (YESs) collaborative.

PACE (Partners in AIDs Care and Education) Clinic, Santa Clara Valley Medical Center

The PACe Clinic is the largest provider of comprehensive HIV care in Santa Clara County. The patient population represents the diversity of the community it serves, including over 50% Hispanic and significant numbers of Asians and immigrants from Africa. Dr. Lawrence McGlynn serves as the PACE Clinic’s Director of Mental Health Services. In addition to primary and psychiatric care, the clinic also offers substance abuse counseling and treatment, pain management, Hepatitis C treatment, case management, and outreach.

National Prodrome/Early Psychosis Programs Network (PEPPNET)

In partnership with many national experts, academic institutions and government agencies, Dr. Steven Addisheim, Dr. Kate Hardy and Dr. Douglas Noordsy work with clinical high risk and first episode psychosis programs across the country in supporting a national network (PEPPNET) to link training efforts, evidence-based treatment and outcomes tracking.

Project Safety Net and the HEARD Alliance

For the past 7 years, many department members have been involved in local, regional and state suicide prevention efforts. Through partnerships with Palo Alto’s Project Safety net and the regional HEARD Alliance of health and mental health professionals, departmental faculty, staff and trainees have lent support to local efforts to expand suicide prevention programs, including efforts focused on lethal means restriction. Drs. Joshi and Adelsheim continue to be involved in the leadership of these initiatives. In addition, Dr. Joshi has been a leading partner in the efforts to expand the HEARD Alliance’s highly acclaimed Suicide Prevention Toolkit and is working with others to transform it into a state guide. This effort has been linked with our team’s contribution to the passage of California AB 2246, The Student Suicide Prevention Bill, signed into law in the Fall of 2016. Members of our team have also led statewide webinars in suicide prevention designed specifically for school districts to implement the provisions of the bill.
The San Jose AIDS Education and Training Center (SJ AETC), under the medical directorship of Dr. Lawrence McLynn, provides training, clinical consultation and technical and capacity building assistance for health care professionals at no cost utilizing expert faculty on topics related to HIV/AIDS and Hepatitis C prevention and care in the counties of Santa Clara, Santa Cruz, San Benito, Monterey and San Luis Obispo. SJ AETC provides customized presentations tailored to specific provider audiences and offers capacity building support for the development and implementation of routine HIV testing in primary care practices. Training and coaching services are also available for primary care clinics interested in transforming into a Patient Centered Health/Medical Home.

School Mental Health District Partnerships

The Stanford / Lucile Packard Children’s Hospital (LPCH) School Mental Health Program has worked extensively with elementary, middle and high schools in Palo Alto, East Palo Alto, Mountain View, San Francisco, and San Jose since 2000, and provides a variety of mental health services, engages in community-based participatory research, builds capacity through ongoing professional development of school staff, promotes leadership among our trainees and community partners, and disseminates findings in multiple venues (academic journals, national meetings, and popular media). Our program is led by Dr. Shashank Joshi, with clinical care and consultation by Drs. Moira Kessler, Steven Sust, and Steven Adelsheim with staff partnership from Jasmine Lopez and Vicki Harrison.

Through those partnerships, we have learned about the specific mental health factors that may impact a student’s learning, such as trauma, loss, depression, anxiety, and emotional distress in general. Many stakeholders have been engaged in these community efforts focused not only on mental health treatment and wellness promotion, but also on suicide prevention (see below).

Some school mental health research efforts focus on the interaction of culture, stigma, and help-seeking among diverse youth and their families. We have also implemented and evaluated peer-led (and adult-mentored) culturally adapted mental health interventions for several communities affected by suicide clusters. These interventions have led to more students being able to name trusted adults they would go to when seeking help for themselves or for peers. Recently, we received funding to study classroom teacher self-efficacy in student mental health, by utilizing a virtual classroom interaction platform.
Support for Families Facing Dementia

The Caregiver Research and Practice Lab (CARP), led by Dr. Dolores Gallagher-Thompson, focuses on studying, and providing, evidence-based psychological interventions to reduce distress in family caregivers of persons with Alzheimer’s disease or other forms of dementia. The program partners with a variety of community-based organizations in San Mateo and Santa Clara counties including Rosener House (Menlo Park), Avenidas comprehensive senior services and referral program and San Mateo County Aging and Adult Services. Several of these programs have been translated into Spanish, Chinese, and Farsi. Currently CARP members are focusing minority outreach and intervention efforts on nearby Latino communities, in collaboration with the Stanford Alzheimer’s Disease Research Center and the Stanford Department of Psychiatry and the Muslim Community Association was awarded the Outstanding Community Partnership Award.

Tipping Point Mental Health Initiative

Tipping Point Community’s Mental Health Initiative began a partnership with Stanford’s Early Life Stress and Pediatric Anxiety Program in 2012 to develop comprehensive wellness services and mental health supports at community-based organizations in the South Bay. Dr. Victor Carrion, Dr. Daryn Reicherter, Dr. Ryan Mallow, and Dr. John Retter are engaged in ongoing collaboration with Tipping Point Community and their grantees at JobsTrain and Aspire’s East Palo Alto Charter School. Mental health clinicians Veronica Alvarez and Cristina Cortez serve as Wellness Educators providing psychoeducation, mental health consultation, and service linkage and coordination at grantee sites.

Trauma Treatment Training for Community Partners

Dr. Victor Carrion, Dr. Ryan Mallow, and Dr. Hilli Kletter provide training on Stanford’s Cue Centered Therapy for Youth Experiencing Posttraumatic Symptoms (CCT) for therapists and counselors at behavioral and mental health care service organizations. In 2016 and 2017, CCT training was provided to members of partner organizations including the Center for Youth Wellness, Counseling and Support Services for Youth, Ravenswood City School District, Stanford Youth Solutions, One East Palo Alto, and Ponce Health Sciences University in Puerto Rico. Current plans are to hold annual 1-2 day CCT trainings for program and department partners.

Community Outreach Efforts: Exemplars

The Bay Area Muslim Mental Health Community Advisory Board

In partnership with the Muslim Community Association (MCA), the largest Muslim community center in the Bay Area, the Stanford Muslims and Mental Health Lab was awarded a 2016 pilot grant from the Stanford Center for Clinical and Translational Research and Education (Spectrum). The overall goal of this project was to develop a community advisory board with key stakeholders that could address the mental health needs of the Muslim community. This CAB meets monthly under the leadership of Dr. Rania Awaad and is working to develop a community-based model that facilitates utilization of formal mental health services among American Muslims in the Bay Area. At the 15th Annual Community Health Symposium in January 2017, the community-university partnership between the Stanford Department of Psychiatry and the Muslim Community Association was awarded the Outstanding Community Partnership Award.

The Bay Area Muslim Mental Health Crisis Response Team

Dr. Rania Awaad is the co-chair of a crisis response team that services the Muslim community in the Bay Area. This team is comprised of therapists who volunteer their time for emergency consultations when the local Muslim community faces a crisis. Examples of emergency response efforts have been in the aftermath of the Muslim Travel Ban, Chapel Hill, UC Merced, San Jose Shootings and Santa Cruz drownings.

The Bay Area Muslim Mental Health Professionals

The Stanford Muslims and Mental Health Lab hosts and helps develop a monthly meeting at Stanford for the Bay Area Muslim Mental Health Professionals network. This meeting has drawn mental health professionals and trainees from all over the Bay Area who work with Muslim populations. Since its inception, this network of Muslim Bay Area mental health professionals has grown from a handful to over 100 interdisciplinary mental health providers and trainees. The monthly meetings fosters networking, peer support, and mentorship opportunities for those interested in Muslim Mental Health. The lab also helps organize the monthly didactic sessions and competency pre/post evaluations for these monthly trainings.
Building Capacity for Mental Health in Rural Guatemala

Dr. Christina Khan leads a global health partnership in the department to address stigma and build capacity for mental health care and research in rural Guatemala. Through collaboration with ALAS Pro Salud Mental and other partners in Guatemala, this partnership offers training opportunities for Stanford residents and fellows as well as Guatemalan students, community health workers, and clinicians to learn mental health outreach, promotion and treatment in low-resource settings. The lab has recently received funding to deliver a WHO mental health curriculum to public health physicians in Sololá province, Guatemala.

Chinese Health Initiative

Steven Sust, MD is the Co-Chair of San Mateo County’s Chinese Health Initiative (CHI). The CHI is dedicated to community education and outreach for general wellness of the Chinese population and the corresponding services available. In addition, CHI advocates for culturally and linguistically appropriate community services given the shortage of available community resource.

In 2015, youth suicides among Palo Alto teenagers again made national news. To be responsive to the community, the department chose to expand a focus on supporting Asian students and families across the region. Nationally, Asian-American youth are at higher suicide risk, citing family acculturation mismatches as especially stressful. As the Stanford Psychiatry department responded with interventions for teens, we also talked with parents, whose upbringing may have stigmatized emotional issues. At a 2015 symposium, Asian parents discussed cultural differences, but also requested role-modeling and guidance on parent-child communication. We immediately planned a series of theatrical vignettes and started performing them in Bay Area middle and high schools.

Stanford faculty and trainees, under the leadership of faculty member Rona Hu, wrote scripts and became actors, depicting scenarios like arguing about grades, dating someone ‘unsuitable’, and embarrassment over a parent’s accent, drawing on our academic backgrounds, clinical work, and our own lives. The team performed each scene first one way, paused for questions, and then performed the scene again, using audience input.

The response: coverage from front page news, television and radio, to national and international invitations to perform for schools, communities, and professional meetings. Even more gratifying has been the response from parents who realize that they are not alone, and talk openly about their struggles. Responding to requests, the program is now expanding: vignettes for South Asians and Latinos, outcomes research, and video programs supplementing our live performances. As clinicians, we have found a “treatment” with lasting effects and no side effects, that the team hopes can save lives.

Stanford CHIPAO

Global Caregiving: iSupport for Dementia Family Caregivers

Dr. Dolores Gallagher-Thompson and colleagues have teamed up with the World Health Organization to develop an interactive web-based caregiver support tool (iSupport) that is accessible via computer, tablet and mobile phone. The pilot study is taking place in Bangalore, India where internet penetration is high and collaboration is secured with the NIMHANS Alzheimer’s research center. The study will determine if English speaking dementia family caregivers in India will use this website and if they benefit from the resources. Following that, the website and accompanying technological information will be released to countries globally, on request with modifications as necessary to ensure that it is culturally relevant and likely to be used in their countries.

The Human Rights in Trauma Mental Health Laboratory

The Human Rights in Trauma Mental Health Laboratory, led by Dr. Daryn Reicherter, is a Stanford based, multidisciplinary program, committed to advancing and applying research on the physical and psychiatric impact of trauma on survivors of human rights abuses with an eye towards informing transitional justice and judicial processes. The lab focuses on the science of the psychological changes and mental health pathology caused by trauma on individuals, their families, and their communities, over time and between generations. Lab affiliates, trainees, and colleagues analyze and build upon the rich data available in the interdisciplinary scientific literature and developed in specific conflict situations to clearly identify the impact on human psychology of various forms of mass trauma, including genocide, mass killings, rape, and torture. This analysis is used to clarify the science and/or advocate for the survivors’ human rights and mental health in a wide range of settings, including criminal trials, civil suits for money damages, and asylum proceedings by providing expert testimony, reports and consulting with the legal teams prosecuting perpetrators or representing victims.

Muslim American Society- Social Services Foundation (MAS-SSF)

Muslim American Society-Social Services Foundation (MAS-SSF) is a non-profit based in Sacramento, CA that aims to aid families in general and the Muslim community in particular with their culturally sensitive social and mental health service needs. The Stanford Muslims and Mental Health Lab has assisted MAS-SSF in applying for and successfully receiving a Capacity Building Pilot Project grant that is offered by California Department of Public Health (CDPH) California Reducing Disparities Project (CRDP). This grant will provide technical assistance to MAS-SSF to further develop their infrastructure and improve their ability to apply to larger state or federal grants. Later, the lab’s role will be to evaluate the efficiency and the impact of their community based mental health practices.

Pediatric Mental Health Training in Africa

The department has a partnership with University of Zimbabwe to build child psychiatry efforts in Zimbabwe. There are training opportunities for residents and fellows to learn about mental health care provision in settings with few trained mental health professionals. Dr. Christina Khan is partnering with faculty at U of Z, Stanford, NextGen University, and others around the globe to create online training opportunities in pediatric mental health.

Refugee Mental Health

In collaboration with colleagues from CPR-Ala'usi Foundation, Dr. Rania Awaad has traveled to Amman, Jordan to provide refugee mental health aid and help develop a “train the trainers” curriculum for clinicians working with Syrian and Iraqi refugees in Jordan. To date, the annual conference sponsored by the Ala’usi Foundation has trained over 100 clinicians, therapists and social workers who work with refugee populations in Jordan.
Department Locations

Selected Sites

- 401 Quarry - Psychiatry and Behavioral Sciences Building
  Stanford, CA
- VAPAHCS
  Palo Alto, CA
- 1520 Page Mill
  Palo Alto, CA
- 213 Quarry Road
  Stanford, CA
- Clark Center
  Stanford, CA
- CCSR
  Stanford, CA
- Grant Building
  Stanford, CA
- SIM1
  Stanford, CA
- Stanford Medicine
  Outpatient Center
  Redwood City, CA
- 3165 Porter
  Palo Alto, CA
- Hoover Pavilion
  Stanford, CA
- 321 Middlefield Road
  Palo Alto, CA
- Beckman Center
  Stanford, CA
- Alway Building
  Stanford, CA
- Lucas Center (MSLS)
  Stanford, CA
- Ravenswood Family Health Center
  Palo Alto, CA
- AchieveKids
  Palo Alto, CA
- Palo Alto Unified School District
  Palo Alto, CA
- Canary Center
  Palo Alto, CA
- 1070 Arastradero
  Palo Alto, CA
- CJ Huang Building
  Stanford, CA
- VAPAHCS - Menlo Park Division
  Menlo Park, CA
- California Pacific Medical Center
  San Francisco, CA
- Khalil Center
  Santa Clara, CA
A sense of belonging is deeply important to emotional health and personal wellbeing. Individuals develop a sense of belonging when they feel that they are part of a larger community that they believe in—a community that welcomes them, a community that respects and represents their values, and a community that helps them to fulfill their aspirations. Individuals develop a sense of belonging when they feel connected to other people, especially those who share their distinct life experiences, interests, or goals. University activities that foster a sense of belonging promote mental and physical health and help individuals to flourish in all aspects of their lives.

The importance of the feeling of belonging has been demonstrated through empirical work on human resilience and identity formation and on factors that protect emotional health and personal well-being, even in the context of adversity and trauma. Studies focused on risk factors giving rise to poor health outcomes have also shown how crucial the experience of belonging can be. Individuals who feel marginalized are more likely to experience significant health problems over the course of their lives. Moreover, clear evidence has shown that individuals in distress who feel that they are disconnected and are not part of a larger community (“thwarted belongingness”) are especially vulnerable to poor outcomes, including impulsive or self-harmful behavior.

For all of these reasons, we are launching “The Belonging Project at Stanford”—a broadly-engaged, multidimensional effort to promote emotional health and personal well-being through connection with the communities of our campus. This program is directed by Laura Roberts, MD.

The Bike Beyond Project is aimed to advance a community-academic partnership to foster resilience and improved physical and mental health among at-risk transitional age youth (ages 12-22) of the Central Valley through a novel pilot program in which intermediate, high school, and community college students are taught mechanics of bicycle repair, bicycle safety, and positive self-care skills while engaging in service that supports leadership and community-building skills.

The pilot program will apply the community-based model for children, adolescents, and young adults pioneered by Green Ways To School in Santa Cruz County, in which student participants help identify needs for safer, ecologically sustainable routes to school while also developing longitudinal engagement with local organizations and small businesses. The pilot program will build upon the experience and remarkable success of a nationally-recognized intervention project originating in the Department of Psychiatry and Behavioral Sciences at Stanford University that was created to strengthen emotional well-being, academic performance, mental health, and family outcomes among impoverished youth by teaching mindfulness, yoga, and positive health practices. For this novel pilot project, an initial retreat will bring together Stanford researchers with cycling advocates and educators from California’s central valley and beyond. Together the convened group will lay the plans and identify best-practices for the Bike Beyond anchor project. Annual half-day retreats will be held to ensure cohesion of the project going forward. The partnership will engage: 1) local non-profit bicycle coalitions in the Central Valley; 2) classroom-based bike skills classes in Central Valley public intermediate and high schools and community colleges, and 3) academic faculty of Stanford University’s Department of Psychiatry and Behavioral Sciences.

The project is led by Laura Roberts, MD, Victor Carrion, MD, and Kyle McKinley, MFA, of Stanford University in collaboration with diverse community partners, Tawn Kennedy, who serves as the director of Green Ways to School, Jackie Matusik, who serves as an instructor for Gearing Up! Bicycle Technology Program, and teachers and students of Central Valley public schools.
Brainstorm: The Stanford Laboratory for Entrepreneurship in Mental Health

Brainstorm is a special initiative of the Chair aimed at accelerating innovation and entrepreneurship in behavioral health and neuroscience. Our mission is to create practical solutions that improve outcomes in health and opportunity for all. We foster innovation that reflects our core values - effective, measurable, collaborative, sustainable, and affordable. Our vision is a multi-site community that works together to transform healthcare by turning ideation into impact.

Brainstorm is directed by Dr. Nina Vasan and a team from Stanford and partnering peer institutions. It is guided by a Board that is chaired by Dr. Laura Roberts. Committed to fostering interdisciplinary efforts, Brainstorm engages with students and faculty across the University (the Graduate School of Business, School of Engineering, School of Law, Graduate School of Education, and School of Medicine) and unites academia with innovators in government, businesses, startups, and NGOs.

Educate
We are teaching the first university course in the US on mental health innovation, “Leadership and Innovation in Mental Health”. We are developing educational offerings for a range of audiences, including executives, high school students, and international students.

Create
Brainstorm is an incubator and accelerator for rapid translation; we nurture ideas and ventures by investing in them with mentorship, education, funding, and collaboration opportunities with our community. We are launching the department’s first Innovation Lab at Stanford CME Innovations in Psychiatry and Behavioral Health Conference, in coordination with Dr. Alan Louie.

Collaborate
We are building a think tank for innovation and entrepreneurship. We are developing an ethical business model for faculty and affiliates to consult for entities including businesses, startups, governments, and organizations. We aim to foster meaningful collaboration among stakeholders by positioning clinicians to lead progress in our field and ensure that efforts are based in evidence, ethical treatment, and optimal patient-centered care.

Clinical Neuroscience Internship Experience (CNI-X)
Co-directed by Dr. Laura Roberts and Dr. Alan Louie, the Clinical Neuroscience Internship Experience (CNI-X) at Stanford University is an intensive two-week summer program following the sophomore, junior, or senior years in high school. Interns are introduced to the amazing breadth of research found in the Stanford Department of Psychiatry and Behavioral Sciences.

Packed back-to-back are sessions and lab trips which demonstrate how creativity is visualized with brain waves, miniature human brains are grown in dishes, apps and virtual reality are treating eating disorders, cognition is studied in flight simulators, psychiatric testimony supports human rights at the World Court, and more.

Interactive seminars introduce the students to the principles of neuroscience, neuropsychiatric diagnosis, neuropsychological testing, and psychiatric epidemiology. An adaptive and agile mind is encouraged as one session plumbs the intricacies of neuroscience, while the next involves diagnosis of a neuropsychiatric syndrome from a video, and then the following inspires one to find “flow” in one’s life. Much of the material is clearly at a collegiate or higher level. These hours of experiential and interactive learning with highly acclaimed faculty and researchers are complemented by homework assignments including written reflections on 13 relevant TED talks, the reading of scholarly articles, and attendance at a Stanford scientific poster session.

Self-reflection and self-directed learning are emphasized with independent inquiry assignments asking for students to write about their learning objectives and career goals and to draft a curriculum vitae. Each student creates a project, often in a team, to self-express some lesson taken from the internship that is verbally presented at a final capstone session for themselves and their families. The experience is fast-paced, intense, challenging, creative, and creates lasting bonds between students.

Community Engagement Activities
Community engagement and commitment is a core pillar of the Department’s mission. For us, community is defined broadly, ranging from our shared commitment to building academic collaboration and support among our own faculty and staff, to partnerships with international colleagues, to building behavioral health care systems for those with mental health needs across the globe.

Our department has recently expanded community experiences for our own trainees in county and local agency settings, while also welcoming experts in community psychiatry administration to Stanford to build understanding and collaboration. Our Department’s faculty have served as leaders in response to local community crises and provided guidance on developing new behavioral health systems of care for county, state, and regional partners. This past year our departmental faculty have developed new programs and labs to support communities of people with early psychosis, children and adults who have faced trauma, the United States Muslim community, people with Alzheimer’s Disease, and international victims of torture, just to name a few areas of expansion. In partnership with others, we continue to expand our community engagement efforts to increase broad access to culturally appropriate, cutting-edge mental health care.

By integrating community engagement strategies throughout the Department’s efforts, we create opportunities for co-learning and collaboration within the Department, across Stanford University, and beyond. Our partners have years of experience developing a wide variety of treatment, education, and ingenious services for those they serve. Faculty and trainees in the department feel privileged to have the opportunity to contribute to their ongoing efforts. Community engagement effectively aligns the mission of the department with the surrounding area, our nation, and the world, thereby reinforcing opportunities for partnership for decades to come.

Editor in Chief, Books: American Psychiatric Association
Dr. Laura Roberts is the Editor in Chief, Books for the American Psychiatric Association. In this capacity she works with the Publisher, Associate Publisher, Editorial Board, and other APA staff in overseeing the editorial development of print books and electronic products, preparing and implementing book program strategy and policy, driving content direction, soliciting and reviewing book proposals and manuscripts, reviewing backlist publications, and preparing new frontlist titles.

Other responsibilities include networking with key researchers, clinicians, and academics in mental health care to acquire new books proposals and manuscripts, as well as screening book proposals and judging their appropriateness for publication, and identifying topics and authors for new books.

As Editor in Chief, Books she is also responsible for overseeing and ensuring the rigorous and equitable peer review of book manuscripts – selecting reviewers, monitoring modifications of revised and resubmitted manuscripts, and making disposition recommendations.
The Journal, which publishes full and brief empirical reports alongside evidence-based advances in academic medicine in six key domains: academic leadership and innovative education in psychiatry, professional development, ethics and professionalism, and health wellbeing.

Forensic Psychiatry

Forensic Psychiatry is a subspecialty of psychiatry that encompasses the interface between the law and psychiatry. A forensic psychiatrist can provide evaluations for numerous legal purposes, including competency to stand trial and mental state opinions among others.

The Program in Psychiatry and the Law at Stanford comprises a multidisciplinary team of world-class faculty who combine clinical experience and specialized knowledge and experience in medicine, mental health, and ethics. They are able to work on queries related to mental health issues that arise in criminal or civil law, on an individual, corporate, or government level.

Our mission is to provide the highest level of ethical, comprehensive, unbiased, and evidence-based forensic assessments possible. We embrace the core values of integrity, excellence, and professionalism in all of our cases. We review all pertinent information and apply clinical expertise to each case to ensure that we are providing the most objective psychiatric assessments and expert opinions.

We work to ensure that all evaluations and/or assessments address clinical and forensic considerations. Our program’s faculty members are nationally recognized in their respective fields for high quality clinical care, research, education, and evaluation. As such, we are able to provide expert testimony in many areas of specialization and have considerable experience with depositions and trial testimony in both civil and criminal proceedings.

Forensic Psychiatry

Forensic Psychiatry

Lyme Disease Working Group

Lyme Disease is a serious and prevalent condition with physical, cognitive, and affective consequences. This condition and other tick-borne conditions are poorly understood and have received insufficient scientific attention. With the encouragement of a number of Lyme Disease organizations, we have initiated philanthropically focused efforts to support current research and clinical projects and catalyze new work.

Our Lyme Disease Working Group is interested in developing more accurate diagnostic tests, improving medical understanding of the course of illness, evaluating the effectiveness of innovative therapies, expanding clinical services, and building greater knowledge and awareness of how to prevent illness. Participating colleagues represent expertise in basic sciences, translational sciences, and clinical care. Basing this effort at Stanford University will build upon the advantages of working within an institution that strongly supports academic freedom while also encouraging interdisciplinary collaboration. This exceptional interdisciplinary group also values collaboration with other academic institutions, and a number of collaborations are underway.

Such a model is optimal in this context for its potential to produce major breakthroughs in knowledge and improve medical practice—perhaps even more so in the context of Lyme Disease whereas bringing together diverse views is greatly needed to advance the science and inform practice.

Medical professionals at Stanford are nationally recognized in their respective fields for high quality clinical care, research, education, and evaluation. As such, we are able to provide expert testimony in many areas of specialization and have considerable experience with depositions and trial testimony in both civil and criminal proceedings.

Academic Psychiatry

Academic Psychiatry is a bi-monthly, international academic medical journal that publishes original papers on innovations in psychiatric education and professional development. Dr. Laura Roberts has served as Editor in Chief of the Journal since 2002, and has since been joined by Dr. Alan Louie as a Deputy Editor. Other members of the Department of Psychiatry and Behavioral Sciences of Stanford serve as editorial team members and as frequent contributors of research and of content to the Journal.

Academic Psychiatry features original, scholarly work focused on academic, leadership and innovative education in psychiatry, behavioral sciences, and the health professions at large. The Journal’s mission supports work that furthers knowledge and stimulates evidence-based advances in academic medicine in six key domains: education, leadership, finance, and administration, career and professional development, ethics and professionalism, and health and wellbeing.

The Journal, which publishes full and brief empirical reports alongside educational columns, commentaries, and original artwork and poetry, has grown as an international resource, with contributors, reviewers, and readers hailing from over 50 countries across the globe.

Humanities and Medicine: Growing the Heart and Mind of Medicine

Medicine is the most human of the sciences. The physician-patient relationship is at the heart of medical practice. Developments in science, technology, and the economics of health care, while essential to medicine and the delivery of care, also pose significant challenges to the nature, quality, and maintenance of this relationship and to medicine as a discipline. Evidence suggests that clinical outcomes, satisfaction (for both patients and physicians), and costs are negatively affected when the human side of medicine is neglected, marginalized, or otherwise disregarded. In addition, medicine is a cultural force that widens powerful effects on knowledge and values and promotes actions in broader society that are often underappreciated and poorly understood.

Stanford Medicine sets itself apart from most medical schools by being located in an active university campus with scholars in humanities and social sciences at the doorstep, giving rise to an opportunity to promote interdisciplinary work at the interface of medicine and the humanities at an exceptionally high level. Many historians, anthropologists, philosophers, and literary scholars at Stanford have intellectual and academic commitments to enlightening medicine and the humanities at an exceptionally high level. Many humanities and social sciences at the doorstep, giving rise to an opportunity to promote interdisciplinary work at the interface of medicine and the humanities at an exceptionally high level.

The Humanities and Medicine initiative is based in the Chair’s Office and entails identifying key stakeholders and collaborating with them to learn about their interests and priorities related to humanities and medicine campus wide; developing a working group of thought leaders committed to the importance of growing humanities in medicine to provide stimulus and leadership for these types of academic and clinical efforts; identifying key opportunities for enhancing the relationship between medicine and the humanities; developing a 3-5 year plan for enhancing/growing the academic and clinical interface between the medicine and the humanities at Stanford.
Mental disorders are the second leading cause of disability and premature mortality throughout the world and the first leading cause in economically established countries, and yet the profound consequences of these conditions remain underrecognized.

Project Catalyst for Mental Health is a new center to be launched in 2016 as a special initiative of the Chair. The intent of Project Catalyst for Mental Health is to foster innovation to address and lessen the impact of mental disorders and related conditions.

Bringing to bear the insights of diverse disciplines, Project Catalyst seeks to improve health outcomes through scholarly work conducted initially in six areas: 1) suicide; 2) co-occurring disorders, including physical, mental, and addiction-related conditions; 3) grief and survivorship; 4) computational neuroscience; 5) social and economic determinants and consequences of mental disorders and related conditions; and 6) health disparities and health policy.

Mental wellbeing is fundamental to human health. The biomedical revolution, led by Stanford Medicine, will change the trajectory and impact of the biomedical sciences through precision health for individuals and for populations. Precision psychiatry is part of this revolution.

Depression, anxiety disorders, cognitive disorders, addiction, and other conditions are common. Though treatment is remarkably effective in improving quality of life and reducing the burden of symptoms and impairment, stigma and insufficient resources are a dramatic barrier to appropriate care. Moreover, mental disorders may complicate and worsen the risks associated with other health conditions. For example, depression increases the risk of cardiovascular-related deaths threefold.

Mitigating such mental health statistics will require a better cutting-edge prediction, prevention, and preemption that population science can possibly provide. Stanford University is uniquely positioned to spearhead this effort. The Department of Psychiatry and Behavioral Sciences in the School of Medicine has launched two major initiatives to advance precision health.

In addition, in 20 we initiated a new unit, the Division of Public Mental Health and Population Sciences, to harness the tremendous academic resources of Stanford University, encompassing computer science and biomedical data, biomedical sciences, and engineering, coupled with renowned schools of medicine, business and economics, law, education, statistics, social sciences and ethics, and design.

Advances in these fields hold the promise of revolutionizing the diagnosis and treatment of mental illness with greater precision – personalized for special populations and eventually individuals.

"Reimagining Mental Healthcare" challenges us to put aside what we know about mental healthcare and to start from scratch – to reimagine mental healthcare.

This special initiative of the Department of Psychiatry and Behavioral Sciences seeks to dream into the future of mental healthcare. Participants bring to bear on this task theories, tools, and expertise from fields outside mental healthcare – in particular, from information technology, design thinking, and implementation science.

By information technology, we mean the broad spectrum of possible applications including but not limited to m-health applications and biometrics, virtual and augmented reality, serious computer games, web-based interventions, big data and machine learning. Additionally, direct applications to treatment with telemental health, measurement-based care and electronic medical records, virtual extenders, and technological adjuncts to treatment, and technology-assisted medical education with simulations, online and blended learning, and more. We are setting out to discover and create information technologies targeted at improving human mental health.

Design thinking is inspired by Stanford’s Hasso Plattner Institute of Design, or “d.school,” and our reimagining will be catalyzed by many of the d.school tenets, like need-focused approach, user-centered design, and techniques to harness a creative mindshift, including brainstorming, and rapid prototyping. By infusing design thinking throughout, we may truly understand the mental health needs of our patients and the myriad array of providers and craft solutions required to meet those needs.

Implementation science is the study of the dissemination and actualization of research findings for the benefit of patients, in the real world. This science will be core to introducing and integrating discoveries into clinical practices and the care of populations, here and globally.

This special initiative brings together people and resources to reimagine mental healthcare through social networks, learning communities, and educational venues and forums. It also serves as an incubator and accelerator of ideas and projects. We incubate ideas, iterate and refine their solutions, and accelerate their translation (T1 through T4) into improved mental healthcare. Participants bring different expertise to collaborations, and meetings with members of other Stanford Schools (e.g., Stanford School of Engineering) and Silicon Valley industries are additional resources for consultation and joint ventures.
The Department of Psychiatry and Behavioral Sciences Small Grant Program, launched in 2015, promotes research and collaborative scholarly projects that advance the academic interests of our faculty and the strategic themes of our department. Projects across the full spectrum of science and scholarship are encouraged.

The Small Grant Program has two offerings: Pilot Studies in novel scientific areas that have high potential to lead to competitive grant applications and Small Scholarly Projects related to areas including education, clinical care, community and health systems, and professional development. Pilot Study applications are systematically evaluated by senior faculty who assess significance of the scientific question, strengths of the investigator(s), degree of innovation, methodological approach, salience to departmental missions, and likelihood of leading to future funding. Small Scholarly Projects are systematically evaluated for overall quality, salience to the departmental missions, and feasibility. Assessments by individual faculty raters are kept separate and confidential and are submitted as guidance to the Chair.

In its inaugural year, 38 applications were submitted for consideration and 21 projects were awarded full or partial funding. The Small Grant Program occurs annually, with applications due on November 15 each year.

The Stanford Center for Youth Mental Health and Wellbeing recognizes that we are in the midst of a national public mental health crisis among US youth and is committed to spearheading a new national vision for adolescent and young adult wellness and mental health support. The clinical and research experts within the Department of Psychiatry and Behavioral Sciences have laid the groundwork for the creation of a national initiative for youth through their expertise in early mental health support, development of self-regulation tools, school mental health, and suicide prevention. By creating an innovative health system, and a new culture of health for the adolescent and young adult population, Stanford hopes to create a model for the country in how to better support our young people to navigate the transition to adulthood and realize their full potential as adults.

The Center supports the development of clinical programs, community partnership efforts, as well as community research collaborations. Recent research efforts include focus groups with young people and families in the San Mateo and Santa Clara County assessing both mental health service needs and issues within the community. In addition, the focus groups considered the impact of stigma on access to mental health services for young people and their families. In addition, several focus groups specifically focused on cultural issues related to accessing early mental health services for the Asian American community.

The Center is also working to address the mental health needs of young people in local school districts. Current research areas include the development of computer-based screening tools to help identify young people at risk for mental health problems and the creation of programs to life these students to early mental health supports. In addition, partnerships are underway with several high schools to survey students about their perceptions of student mental health needs and how they might best access services through home, school, and community.

In partnership with the Lived Experience Workgroup of the national ProDiome and Early Psychosis Network (PEPPNET), which is also directed through the Center, data is being collected and reviewed on the experiences of young people and families facing first hospitalizations for psychotic illness. It is hoped that by collecting and sharing this critical information, we all might contribute to the potential to improve the experience of those facing their first psychiatric hospitalization.

The Stanford Center for Youth Mental Health and Wellbeing is a collaborative effort to creatively take on the next wave of mental health challenges. Our Department is fortunate to have a close collaboration with Psychiatry and Behavioral Science faculty partners from the VA Palo Alto Health Care System.

**Technology and Mental Health**

Stanford Psychiatry and Behavioral Sciences continues to be on the cutting edge of innovation in the field of technology and mental health. Positioned in the heart of Silicon Valley, and with the vast array of technology partners across the Stanford campus, our Department brings cutting edge technological science together with clinical expertise to create an array of unique and innovative solutions for those facing mental health challenges. Departmental members are utilizing technology to provide support for people of all age groups and diagnostic categories with interventions ranging from web-based tools and telehealth models to mental health apps and virtual reality. In addition, our Department is fortunate to have a close collaboration with Psychiatry and Behavioral Science faculty partners from the VA Palo Alto Health Care System.

For example, departmental faculty are studying the use of web-based treatments using acceptance and commitment therapy (ACT) for those facing challenges with bipolar disorder. A new adaptive behavioral intervention for the Recovery Record app, developed with Telepsychiatry efforts are underway to support distant patients with child mental health issues through a partnership with the Pediatrics Group of Monterey and the Department. In this model, the use of televideo technology also provides back-up support and education for primary care providers in environments with limited access to cutting-edge psychiatric care. Artigraphy studies within the Department provide valuable information through the monitoring of movement and resting state activity with changes in treatment and environment for individuals having difficulty with sleep, psychosis, mood issues and other psychiatric disorders. In addition, departmental faculty and trainees are partnering with local high school and college students, state partners and national organizations; such as the American Psychiatric Association on training in innovation thinking related to mental health, to build the cadre of young people and clinicians ready to creatively take on the next wave of mental health challenges.

In partnership with the VA Palo Alto Health Care System, the Psychiatry Department also houses the Behavioral Telehealth and Technology (B-THAT) Workgroup, co-chaired by Eric Kuhn, PhD and Steven Adelsheim, MD. This group brings together experts working across the VA and the Department in the technology and mental health field in a collaborative effort to share research ideas, support technology solutions, and create opportunities for expanding partnership efforts.

**WellConnect**

Stanford WellConnect is a confidential mental health referral and consultation program for residents and fellows that was created by Dr. Laura Roberts in 2011 in response to significant needs identified among clinical trainees on our campus.

This program was established to address three main objectives: 1) mental health and wellbeing of residents and fellows, 2) educational needs that align with the Accreditation Council for Graduate Medical Education requirements, and 3) administrative support and guidance associated with health issues.

At times stressors experienced by resident and fellow physicians can get in the way of balancing the demands of professional and personal lives, and without help, problems can intensify, affecting emotional and physical wellbeing and professional success.

Although emotional distress often manifests in obvious ways, the symptoms of many psychological problems can be subtle.

**Services for residents and fellows include the following:**

- Individual counseling
- Couples counseling
- Substance abuse assessment and counseling
- Medication evaluation
- Medication management

**Services for program directors, faculty, and staff include consultation to assist in recognizing mental health concerns of residents and fellows and serving as a resource for decision making that balances the needs of trainees and programs.**

Stanford WellConnect also offers wellness curriculum consultations and provides lectures and workshops on the following topics:

- Work-life balance
- Sleep hygiene
- Stress and anger management
- Team building and interpersonal effectiveness
- Accepting and giving feedback
- Identifying the signs of burnout, anxiety, and depression
Five Interdependent Academic Missions of the Department of Psychiatry and Behavioral Sciences

The vision of leaders is often touted as their greatest value to organizations, and perhaps that is true. The ability to imagine a better future, to articulate it clearly, and then to bring others forward in building and attaining that vision is certainly an essential quality of effective leaders. Leaders with extraordinary vision are thus creative, well spoken, and influential, and generate a sense of cohesiveness among individuals who, together, exert purposeful effort toward a foreseen objective.

In academic psychiatry, leaders are people who can help our field generally, and departments of psychiatry specifically, to fulfill their commitments in multiple mission areas. Most traditional academic organizations define three core missions, but I believe we actually assume responsibility for five overlapping areas.

The first two areas encompass education, preparing the next generation of physicians-in-training and developing innovative specialty and subspecialty initiatives, as well as research and scholarship, the generation, translation, and application of new knowledge for the benefit of society.

A third mission area is clinical advancement and practice, which involves creating new diagnostic and therapeutic approaches and providing state-of-the-art clinical care for patients from all backgrounds and walks of life. We are also responsible for community engagement—working to partner with, serve, and improve the health of our communities, locally and globally. We are charged with fostering professionalism and the companion endeavors of supporting professional development and ensuring the ethical expression of our profession in everyday life.

Taken together, these commitments support the growth of expertise and skill among faculty and trainees. What is more, they strengthen the ability of today’s early career leaders to carry the duties to our profession and its stakeholders moving forward. A leader with vision in academic psychiatry, in my view, is one who is able to recognize the interdependent nature of these mission areas and to yoke them together to bring about a better future.