PROGRESS IN PSYCHIATRY

60 YEARS
UF PSYCHIATRY

Department of Psychiatry
College of Medicine
UNIVERSITY of FLORIDA
Dear Friends and Alumni of the University of Florida Department of Psychiatry,

We are delighted to share with you some exciting new developments in UF Psychiatry’s clinical, research, and teaching missions, as well as to reflect on progress made since the Department’s founding in 1958 while considering our legacy.

In September 2018, we commemorate the Department’s 60th Anniversary, culminating in three days of celebration and continuing medical education on September 20, 21, and 22. Please register online to attend!

Preparing for the 60th Anniversary celebration has prompted much reverie on the Department’s “heritage,” the distinct contributions made by previous leaders who charted our course, and their legacies’ continued contribution to today’s exciting strategic initiatives. Therefore, this special anniversary issue of “Progress in Psychiatry” offers a timeline describing the succession of UF Psychiatry leaders, up to the current time. The historical recap connects our news articles detailing current Department initiatives to past roots. We are grateful to earlier leaders who invested their talents and passion to advance UF Psychiatry - and we especially pleased that three previous Chairs, Drs. Evans, Goodman and Gold, will return as CME speakers for our 60th Anniversary. Their presentations will enrich our celebration and let them see their legacies in action.

Preparing for our 60th Anniversary also stimulated a refreshing dive into our past residency training history captured by resident and faculty photos. I feel fortunate to have witnessed over 30 years of trainee classes graduating from UF, along with Priscilla Spence, who has provided indispensable administrative support to successions of chairs. Together with others, we have reminisced over class photos, remembering our graduates and previous faculty members, appreciating their important contributions to our underserved field, and wishing them well. The time is right to share the joy that comes from these important social bonds established during training – so among our alumni, we are looking for organizers, movers, and shakers who want to help us launch an official UF Psychiatry Alumni Club. If this is something that inspires you, please indicate your desire for increased involvement on our online 60th Anniversary registration page, or pick up the phone and give us a call!

Our goal for this publication is to engage you. Whether you are an alumnus/alumna, friend or philanthropic benefactor of the Department, we want you to be excited about what we are doing and willing to get involved. Thank you for taking the time to catch up with our programs — we look forward to hearing from you and would love to see as many of you as possible in September 2018.

Regina Bussing, MD, MSHS, DFAPA, DFAACAP
Donald R. Dizney Chair in Psychiatry ● Professor and Chair ● Department of Psychiatry
University of Florida College of Medicine
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FUNZONE
Maze

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Special thanks to the last year’s team for providing a great template.
The Department of Psychiatry is looking forward to the opening of the new UF Health Springhill II Medical Office Building. In this new location, Psychiatry will be joining Family Medicine, Internal Medicine, and Anesthesia/Pain services, setting the stage for easier collaborative care efforts. Psychiatry will occupy most of the building’s third floor, relocating ambulatory clinics for Child and Adolescent Psychiatry, Medical Psychology, and the clinical OCD program associated with the Center for OCD, Anxiety, and Related Disorders (COARD) from their current location behind the UF Emergency Room on the South side of NW 39th Avenue.

The upcoming move will place these clinics adjacent to our freestanding 80-bed inpatient facility, the Shands Psychiatric Hospital, as well as next to the existing UF Health Springhill Office Building housing the Adult Psychiatry Division and several other College of Medicine Clinics. Dr. Carol Mathews, COARD Director, Brooke Professor and Vice Chair for Strategic Development, is really excited about the new space “because it gives us the opportunity to be co-located with the Adult Division, with OB-GYN, and Family Medicine, so we can really start coordinating care across age groups, developmental spectrums, and services.”

The new UF Health Springhill II Medical Office building will offer patients enhanced access to evidence-based psychiatric treatments such as Exposure Therapy, Parent-Child Interaction Therapy (PCIT), and transcranial magnetic stimulation (TMS). Dr. Bussing is grateful to UF Health leadership for the opportunity to provide top-notch clinical care in such state-of-the-art treatment space. She praises leadership’s approach of seeking each department’s input on the space design from the very beginning planning stages. As a result, clinic space is customized to support optimal patient care processes and each of the three floors offers very unique architectural features. Commitment to obtaining relevant stakeholder input continues as UF Health nears the opening of the $36 million, 72,000-square-foot building in July 2018.

The Department of Psychiatry space design process included a joint planning retreat coordinated with leadership from the Division of Child and Adolescent Psychiatry (Dr. Jody Brown), Medical Psychology (Dr. Joseph McNamara), and COARD (Dr. Carol Mathews and Dr. McNamara). Feedback was solicited from everyone who would be working in the new clinic space, from faculty to fellows and staff. The group brainstormed on how to best integrate the multiple patient care functions and unique therapy modalities that will be provided.

Dr. Mathews is enthusiastic about the new features. “We have specialized exposure rooms, an exposure kitchen, exposure bathroom. We’re providing state-of-the-art treatment already, but this new space will allow us to take it to the next level.”
Dr. McNamara echoes this sentiment. “For COARD and Medical Psychology, both, having an exposure-designated area in the kitchen, among other new features, will be incredibly helpful for offering evidence-based treatment for OCD and OCD-related disorders.”

The new space offers state-of-the-art clinic features in a number of ways. Some are as simple and patient-centric as offering separate waiting room areas for adults, children, and adolescents, a developmentally appropriate way to advance the patient care experience. However, as Dr. Brown points out “every aspect of this building is intentional and proactive, and we designed it with future expansion in mind. A lot of thought went into the placement of the different areas, how to best position them to complement each other.” Dr. Brown points out that technological enhancements in the new setting, such as one-way mirrored observation rooms for therapy and testing services will also enhance teaching, training and clinical research. Another welcome feature is a designated Lactation Room, providing needed privacy for patients and staff. “A new building is often patient-centric, and this one definitely is,” says Brown, “but we’re also made gains on the faculty and education side.” He describes the new building itself as “beautiful, providing both literal light, through its many windows, and also a figurative light, in that it shines light on mental health.”

Dr. Bussing notes that the Department’s 60th Anniversary events feature a reception at the new UF Health Springhill II space on Thursday evening, September 20th, 2018. “We hope that many of our alumni friends and philanthropic supporters will join department faculty, trainees and staff at the reception to celebrate our anniversary and take a personal look at this beautiful new clinical space.”

Reflecting on the First Year

Center for OCD, Anxiety, and Related Disorders

As it enters its second year, the Center for OCD, Anxiety, and Related Disorders (COARD) has hit the ground running. COARD consists of faculty and trainees from multiple Departments and Colleges, including the College of Medicine, the College of Journalism and Communications, the College of Pharmacy, the College of Liberal Arts and Sciences, and the College of Public Health and Professions. In addition to promoting research and research collaborations as its core mission, members of COARD are also involved in advocacy and outreach, often through creative means.

For example, in the past year, COARD has worked with the Arts in Medicine program to produce “I Am Not My Illness”, a storytelling workshop for individuals with OCD that culminated in a performance to a packed house in the Squitoieri performance space and with the Department of Entomology to put on the Fear Facers Camp, a week-long therapeutic day camp for kids with OCD or anxiety disorders. According to Dr. Mathews, “Fear Facers was a great success. We had 11 kids, ages 6-14, and they all had a great time. It was exposure therapy built into a camp setting. Entomology came with hissing cockroaches and other insects, for example, and when we played softball, it was ‘slimeball’ for kids with contamination fears. Kids with social anxiety had to do karaoke. I always describe Fear Facers as camp with a twist. We received lots of positive feedback from parents and kids.” The camp was such a success that it will be held for two weeks in the summer of 2018.

COARD continues to grow in scope and in membership, with the ultimate goal of integrating research into clinical care and making it meaningful for communities, families, practitioners, as well as researchers. Dr. Bussing notes “It is particularly gratifying that COARD grows in leaps and bounds as the Department celebrates its 60th anniversary and reflects on the original legacy of OCD research bestowed by former chair Dr. Wayne Goodman’s tenure at UF. We are excited that he will be participating in our celebratory events in September, and will see firsthand that his efforts are still creating an impact.”
in 2008, UF providers have treated over 7,500 patients in over 88,000 encounters; services have grown 11% per year on average, with 11,000 visits in the current budget year. In addition to serving patients in the UF Center, all UF faculty are engaged with community services. Dr. Creelman himself is involved with the Women’s Refuge of Vero Beach, serving as a speaker at their Physician’s Symposium.

The private philanthropic resources provided by the McCabes and their philanthropic partners, and by other donors and friends have been a lynchpin in maintaining the UF Center’s viability since 2008. Even though the UF Center operates at high efficiency, operational costs exceed clinical revenues, largely due to poor insurance reimbursement rates for psychiatric services. In comparison, many, if not most, private psychiatrists opt out of insurance arrangements and operate as “cash businesses” due to low insurance rates; however, such decisions further restrict access to psychiatric care. Currently, various fundraising efforts are underway to secure the necessary support for the next decade of the UF Health Center for Psychiatry and Addiction Medicine – Vero Beach.

Dr. Creelman is optimistic that Indian River community members will value the Center’s contribution in word and deed. In his words, “The community is thrilled we’re here, and they want us here forever.” Congratulations to Vero Beach for ten very successful years of service, and we are looking forward to decades more!
**Psychiatry - Florida Recovery Center Fund #F023155**
This fund will be used to fulfill the goals and mission of the Florida Recovery Center.

**Center for OCD and Related Disorders #F008425**
COARD’s goals are to understand the causes of OCRODs, increase awareness, reduce stigma, and improve the lives of adults and children who suffer from these disorders. This fund supports the Fear Facers Camp help each summer where children and adolescents experience activities that allow for personal growth and improved behaviors.

**The Psychiatry Residency Education and Scholar Fund #F016499**
This funding is crucial for enhancing our residency education. It supports residents’ travel to conferences, like the American Psychiatric Association’s or the Florida Psychiatric Society’s annual meeting, which are pivotal for learning about the field.

**UF Community Psychiatry Program #F008425**
This fund supports the activities of community psychiatry fellows at both the UF Health Center for Psychiatry and Addiction Medicine at Vero Beach and the Sulzbacher Center in Jacksonville.

**Child and Adolescent Psychiatry Fund #F003357**
This funding supports fellows’ attendance at the annual meeting of the American Academy of Child and Adolescent Psychiatry (AACAP). With more contributions, we could enhance the fellowship further by sending our fellows out into the community to do great work and provide resource tools to our fellows’ specialized interests through purchases of books or other specialized materials, including study aids for board exams.

**Richard C. Christensen, MD Visiting Lecture Fund #F020281**
This fund supports the Annual Richard C. Christensen Memorial Lecture and Advocacy Day, providing resources to host distinguished speakers and organize community forums.
The NIH-Funded Adolescent Brain Cognitive Development (ABCD) study is currently underway. This prospective study of neurodevelopment is enrolling approximately 10,000 children aged 9 and 10 from across 21 US sites and will follow these participants for a period of 10 years. To conduct these assessments, the study uses age-appropriate tasks and games administered on ipads, one-on-one interviews, and non-invasive brain imaging.

As youth age into and through adolescence, the study will address culture, peer-pressure, and substance use as factors influencing brain and social-cognitive development.

In Gainesville, study leaders Professors Sara Jo Nixon, PhD of the Department of Psychiatry and Linda Cottler, PhD of Epidemiology were awarded $4.5 million to recruit and complete baseline assessments on 400 students in Alachua and surrounding counties.

To ensure that the study would include a nationally representative sample, specific geographic regions surrounding each study site serve as the primary catchment area. Thus, the investigators worked closely with area schools across ~8 counties to achieve appropriate diversity. This outreach requires not only providing information directly to students and their parents, but also in attending PTO meetings, school festivals and school board meetings. The participating youth will be contacted at regular intervals and return to UF for follow-up testing and interviews on a yearly basis.

Dr. Nixon is delighted that “about 348 of our quota of 400 students have been enrolled in the study and we are on target to have made more than our expected numbers by the conclusion of the recruitment period. Furthermore, our earliest participants are beginning to return for their yearly assessments and it is exciting to see their continued engagement in the study.”

Relatedly, one of the challenges in the study conduct is the retention of participants across the extended study period. The study team engages a number of efforts to stay in touch with families including holiday and birthday cards as well as small tokens of appreciation during sessions. Nixon notes that “The team has done an exceptional job in maintaining the interest and involvement of participants and their families.”
Importantly, to meet the needs of families and their youth, the study must accommodate flexible scheduling, provide transportation, and ensure a setting where parents and those siblings that may attend are comfortable and appropriately engaged. Fortunately, space provided by the Department of Psychiatry provides the much needed flexibility. The complexity of the study requires the efforts of a diverse team, bringing expertise in multiple domains.

Toward that end, Dr. Cottler has taken the lead on school networking and outreach, while Dr. Nixon has worked on laboratory assessment and oversight. Finally, given the size and complexity of the consortium, there are on-going communications with the entire consortium, with designated workgroups, with our primary collaborators at Michigan, and among our local team. Dr. Nixon is delighted with the efforts of the team. “Not only has our recruitment generally exceeded expectations, but the quality of our data has been consistently very high. This progress reflects positively, not only on our ABCD group, but on UF, more broadly.”

Dr. Nixon, Director of UF’s Center for Addiction Research & Education, is grateful for institutional support from both the NIH and UF, especially because the study is currently enrolling anywhere from 4-10 new participants a week. She considers the Psychiatry Department to be her home base, and within the Department, she sees the same commitment to high quality care that she emphasizes in the study.

As the study continues to expand into the Gainesville community, Dr. Nixon reflects that “it’s essential that we can work effectively with a variety of diverse individuals. A lot of our work, in this study and others, focuses on understanding how the impact of negative influences such as the use and misuse of substances affects the brain. To fully meet the question requires sharing a level of empathy and connection and experiencing a genuine concern about the underlying issue, rather than seeing people as a commodity. I’m really lucky that this team consistently holds that as a priority. We are connected to this community and we care.”

With the ABCD study, the University of Florida will help provide answers to longstanding questions about biological and behavioral development during adolescence.

For more information about the ABCD Study or to enroll, call 352-279-7333, email ABCD@health.ufl.edu, or visit www.abcdstudy.org
HEALTHY MINDS SURVEY

2018 marks the first year that the University of Florida has participated in the Healthy Minds Survey (HMS), thanks to a collaborative initiative between UF Psychiatry, the UF Counseling and Wellness Center, Student Affairs and Student Government. The HMS is the only university-wide annual survey focusing exclusively on mental health, service utilization, and related issues among undergraduate and graduate students. Since its national launch in 2007, HMS has been fielded at over 180 colleges and universities, with over 200,000 survey respondents.

Participation in the HMS network will provide valuable information to those tasked with caring for students’ physical and mental health, a particularly important resource given recent reported increases in depression, anxiety and suicidal ideation among college populations. Access to such information is essential to Dr. Marcia Morris, Associate Professor in the Department of Psychiatry and Associate Program Director for Student Health Care Psychiatry. She is excited to spearhead the HMS initiative along with Dr. Ernesto Escoto, the Director of the UF Counseling and Wellness Center, and other representatives from Student Affairs and Student Government. As Dr. Morris explains, “On the survey, students will be able to give feedback about different mental health care resources on campus, including the Counseling and Wellness Center, Student Health Care Center Psychiatry, the Disability Resource Center, and the CARE Area at the Dean of Students Office, as well as feedback about any mental health care that they receive off campus.”

In addition to basic survey content, the HMS provides options to obtain customized modules. The UF team has elected to include modules on substance use and sexual assault.

Furthermore, the UF psychiatry team opted to develop specific questions addressing social anxiety and student perceptions of psychiatric services, with input from Dr. Carol Mathews, Brooke Professor and Vice Chair for Strategic Development in the Department of Psychiatry, and Co-Director of the Center for Anxiety and Related Disorders (COARD). The UF team hopes that data obtained through the survey will increase understanding of critical areas for early intervention on UF and other campuses. In joining a national network, the UF collaborators hope to create institutional collaborations and to strengthen campus wellness initiatives.

In 2018, 20,000 UF students are randomly selected to participate and demographic variables are taken into account to ensure that the survey results are representative. The HMS includes validated symptom rating scales, which allows estimating student prevalence rates for different disorders, like depression and anxiety.

Dr. Morris expects the survey to have a large impact. “The survey will give us information to understand the mental health problems and needs on campus, and how we can improve our services. We can see how mental health issues might affect academics, and how academic pressure impacts mental health. We can use the information to make changes as well as request funding for additional services.”

The survey may also have a subtle impact of reducing stigma and educating students about mental health resources on campus even for those who elect not to participate. The 20,000 students randomized to receive the survey will get Dr. Morris’ contact information for any questions and concerns. “Students sometimes feel embarrassed about counseling. I like that the survey is called ‘Healthy Minds,’ because the goal is to promote healthy minds. We want students to understand that it is very common to have mental health issues at this age, and it is very treatable.”

The HMS is an annual event, and UF plans call for repeat participation in the future to monitor changes, and continue a data-driven process of improving mental health services. UF Psychiatry is excited to partner at the forefront of these important efforts.
Dr. Regina Bussing, the chair of UF Psychiatry, is pleased that the Department has achieved Center of Excellence status with the National Network of Depression Centers (NNDC), joining 23 other elite academic departments across the US, and international affiliates in Canada and Germany. The NNDC aims to enhance collaboration among its members and advance scientific discovery, providing stigma-free, evidence-based care to patients with depressive and bipolar illnesses.

Dr. Bussing notes that increasing rates of depression and suicide among many population groups, including youth, veterans, and (close to home for a College of Medicine) medical students and physicians, make it particularly timely to strengthen UF Psychiatry’s clinical, education and research in mood disorders. She is grateful to philanthropic supporters who helped support the goal of UF NNDC membership, emphasizing that the generosity of grateful patients was an essential ingredient of successes achieved at other prestigious NNDC member sites. Dr. Bussing is enthusiastic about the momentum achieved by UF’s Top 10 status and sees the NNDC membership as another indicator of UF’s rising prominence.

The NNDC originated at the University of Michigan. Dr. Rajiv Tandon, VA Chief of Psychiatry and Professor at UF Psychiatry and former faculty member of the University of Michigan, explains that the original impetus for the “Depression Center” was to create what had already been accomplished for other specialties or diseases. “Just like a cancer center, and a set of cancer centers coming together nationally; the University of Michigan knew this was needed for advance the fight against depression. This depression network brought clinicians, researchers, and public health people together.”

Dr. Tandon projects the impact of the NNDC membership to be groundbreaking for the University of Florida. “In terms of the possibilities, we can develop research programs and expand our interface with primary care, whether it’s women’s health, family medicine, or internal medicine more broadly.”
Over the coming months, the Department will roll out network collaborations, connecting UF Psychiatry faculty with NNDC research, educational and mentoring opportunities, assign faculty experts to relevant NNDC task and special interest groups (e.g., ECT; TMS; College Mental Health; Military, Veterans and Families; Child and Adolescent Mood Disorders) and lay the groundwork to participate in the mood outcomes program.

The Center of Excellence activities will reach beyond Psychiatry Department depression and mood disorder experts, involving other departments and colleges. As Dr. Mathews, Brooke Professor and Vice Chair for Strategic Development, phrased it, “The collaborations within the Depression Center are relatively new and focused on different service areas, like OB-GYN and the outpatient department. Originally, collaborations arose because of shared patient needs and common scientific interests; the goal of NNDC membership is to make these collaborations more robust.”

Dr. Bussing believes that NNDC membership exemplifies the Department’s commitment to multidisciplinary collaboration in advancing state-of-the-science in research and care related to depression and mood disorders for patients with primary psychiatric disorders and those who may present with primary cardiovascular or neurological disorders. “UF Psychiatry already offers an excellent range of clinical services for those affected by depression and mood disorders. Through the NNDC network collaborations, we want to further expand our research contributions. It is well established that depression disproportionally affects patients with cardiovascular or neurological conditions, and that untreated depression contributes to worse outcomes.

As UF Health’s newly opened Neuromedicine and Cardiovascular Hospitals draw increasing patient populations to our institution, it is ever more important that we develop science-based methods to deliver depression treatment where indicated, to achieve optimal patient outcomes.”

UF Psychiatry’s expertise in depression and mood disorders was originally sparked by former psychiatry chairman Dr. Dwight Evans, who conducted seminal studies during his UF tenure, and is credited with establishing the research infrastructure needed to make significant scientific contributions. It is particularly meaningful that the Department achieved NNDC membership during our 60th anniversary year, which will include a legacy celebration featuring Dr. Evans as one of the esteemed CME speakers.
The UF Health Florida Recovery Center (FRC) is Florida’s premiere addiction treatment program. Combining the principles of recovery, evidence-based addiction treatment, and the vast capabilities of a leading academic medical center, FRC is unlike any other rehabilitation facility in Florida and considered a national leader.

In 2016, Dr. Scott Teitelbaum, UF Psychiatry Vice Chair and FRC Medical Director, was awarded the Pottash Professorship in Psychiatry and Neuroscience. Established in 1991 by Carter A. Pottash, MD, a distinguished psychiatrist and addiction expert, the Pottash award supports a professor in the Department of Psychiatry who is a nationally recognized leader in addiction medicine with a strong clinical focus who shares and pursues research related to addiction treatment and intervention.

In 2017, with the enthusiastic support of the Department Chair, Dr. Regina Bussing who is a public health trained health services research expert, Dr. Teitelbaum decided to dedicate the professorship to launching the FRC Pottash Research Initiative, with the goal to establish state-of-the-art treatment outcome studies at FRC. Dr. Bussing notes that such outcome research is sorely needed, because poor quality “addiction treatment centers” have been “springing up like mushrooms everywhere, wasting patient’s time, money and hope for recovery, yet, we still lack proven measuring tools that can separate good from poor programs.” Since its initial launch, the research initiative has gained increasing momentum, under the leadership of Dr. Teitelbaum and Dr. Lisa Merlo Greene, Associate Research Professor in the Department of Psychiatry and appointed as Pottash Initiative Research Director, and with the capable research coordination provide by Deborah Morrison.

Dr. Merlo believes that the Pottash Initiative provides a special opportunity to look at the experience of addiction treatment from start to finish. As Dr. Merlo comments, “Substance use disorders are some of the least understood medical conditions, at all levels. There’s no perfect key to help every person immediately, and there’s still a lot to learn. That’s why we’re so excited about the Pottash Research Initiative, because it gives us an environment, a living laboratory, in which we can start answering some of these questions.”

Researchers and addiction treatment providers offer different perspectives on addiction treatment and its outcomes. The first steps of the Pottash Initiative were developing collaborations, informed by implementation science. One basic question Dr. Merlo has asked of her team is: “How can we start to take a functioning clinical system and add research to it in a way that has a positive impact on patient care as well as has the potential for increasing scientific knowledge?”
To this end, the team developed a standard of care assessment process within the clinical setting, with consistent intake, follow-up and discharge assessments. This has allowed the team to accumulate a wealth of data for treatment and research purposes. All patients can consent to have their assessment data used in future research, and well over 80% elect to do so. Many patients have expressed gratitude for the possibility to contribute to improved understanding of their disease and future treatment development.

Deborah Morrison, the research coordinator, is excited that the team includes student trainees, undergraduates and medical students, a sentiment shared by Dr. Merlo, who notes “One of UF’s greatest strengths is the addiction medicine training for our medical students, which is just leaps and bounds above most medical schools in terms of the exposure and experience our students get. This is an opportunity for a few more of our students to get experience not only with the clinical setting, but also in the research component.”

Deborah Morrison knows that the project will continue to grow. “There is a world of possibilities here. There is so much more that we can do. We can look at pathways for addiction and come to understand how people are successful coming out of it. We can keep following up with people down the road, with the people who give us permission to contact us after they leave treatment.”

Dr. Merlo believes this will be a revolutionary way to study addiction, with long-term outcomes. “We’ll see what’s sustainable, and how many people are able to maintain their recovery for a long period of time. This is a disorder with chronic relapse, but that is not an expected outcome. If you have a cancer patient, you continue watching...
them after they’re cured and make sure that there isn’t a recurrence of their cancer. We want to make sure the same thing happens with individuals who have substance use disorder, and if there’s a recurrence, we want to get them back into recovery.

Though only a year into the Pottash Research Initiative, a record of accomplishment is clear. Dr. Bussing, along with Ms. Morrison and Dr. Merlo, is grateful for Dr. Teitelbaum’s vision that made it all possible. Dr. Bussing notes “this exciting addiction research initiative seamlessly builds on successful foundations laid by Dr. Mark Gold during his tenure as UF psychiatry chair. Dr. Gold had the foresight to create an outstanding academic addiction treatment program before the extent of our current addiction crisis became clear, and he pioneered the inclusion of addiction education into the UF medical student curriculum. Dr. Gold’s legacy is coming full circle, as we establish the first comprehensive outcome research initiative in a premier academic addiction treatment program.”

Scott Teitelbaum, MD
Pottash Professor in Psychiatry and Neuroscience
Ana Turner, MD, and Colleen Bell, MD, are excited to welcome trainees to the newly opened Dr. Richard Christensen Community Psychiatry Fellowship. The UF Department of Psychiatry now offers a unique one-year training opportunity in Public/Community Psychiatry in conjunction with the I.M. Sulzbacher Center in Jacksonville, Florida. The fellowship honors Dr. Richard C. Christensen (“Dr. C”), creator of the street outreach program at the Sulzbacher Center and nationally recognized pioneer of street psychiatry.

Dr. Turner, his former student, commented that Dr. C was passionate about teaching in general, as well as getting the word out about community health care. “He wanted to teach everyone, not just people going into psychiatry. He helped develop the Community Psychiatry fellowship for our Department, and he taught medical students, psychiatry residents and community fellows in Jacksonville. We’re using skill sets that he developed, and he would be so proud of this program.”

The original idea for the fellowship was the brainchild of Dr. Regina Bussing, UF Psychiatry Chair, and Cindy Funkhouser, President and CEO of the Sulzbacher Center. Ms. Funkhouser stressed how humble Dr. Christensen was, saying, “If he was ever going to have his name on something or be recognized for something, this is what he would want. Students, his patients and teaching others to carry forward the work he did: that was what mattered to him.”

One of the big draws of the fellowship is UF Psychiatry’s partnership with the Sulzbacher Center. The Sulzbacher Center is a federally qualified healthcare center (FQHC), and it offers behavioral health care, as well as dental care, eye care, and primary care to the homeless, uninsured, and those whose income falls below 200% of the current Federal Poverty Guidelines in downtown Jacksonville and much of Jacksonville Beach. The Center also includes a homeless shelter on site.
Dr. Bell, (Medial Director of Behavioral Health and UF Psychiatry Courtesy Professor) looks forward to introducing trainees to the richness of all that Sulzbacher has to offer and to the many facets of community psychiatry. Dr. Turner, fellowship training director and UF Psychiatry Assistant Professor, touts the street psychiatry program, consisting of the HOPE team going out in a van to conduct outreach and clinical work in downtown Jacksonville, as a key part of the fellowship. “With the HOPE team, we’re able to reach people who still need our services, but may not be able to make it in to the Sulzbacher.”

Dr. Bell views the new fellowship as “cutting edge and on par in quality with programs in the northeast.” In developing the curriculum, Drs. Bell and Turner closely communicated with leaders of established successful programs across the US, like those in Pittsburgh, Vanderbilt and at Columbia University in New York. After fellowship completion graduates will sit for the American Association of Community Psychiatrists (AACP) certification exam, so Dr. Turner and Dr. Bell shaped the curriculum around the exam topics and utilized AACP online resources in creating the training program.

The program rotation is customizable based on the interests of the fellows, and time will be set aside for research and leadership activities. The research could be small in scope, like developing and evaluating quality improvement resources for Sulzbacher’s case managers, or consist of a full-scale research protocol requiring external funding sources, IRB approval and extensive data analysis. Dr. Bell feels that this allotted time is important “so fellows can engage in non-clinical activities and stretch their wings. We see this as educating the future leaders of behavioral health in the community.”

Dr. Turner notes administrative and leadership training set this community fellowship apart from others. “You’ll learn more about this side of medicine, which is both clinically and administratively useful.” Training could be as simple as learning about eligibility for insurance and disability benefits, and the importance of linking homeless patients to this support, or as complex as learning to think outside of the box, grounded in moral/ethical principles. Dr. Turner emphasizes the Christensen Community Psychiatry fellowship will teach fellows how to work as a team on special projects, to serve the complex needs of those affected by severe mental illness and homelessness. Fellows will graduate with an enriched understanding of their physician role, beyond the idea of “I’m a doctor; I prescribe medicines.”

The community support bestowed on the Sulzbacher Center will be invaluable in teaching these lessons. The Sulzbacher partners with various health organizations, like Florida Blue, as well as private donors, the city of Jacksonville, and other community stakeholders. Representatives from these partner organizations will be involved in the curriculum, speaking at didactics sessions, among other activities.

The fellowship program will initially admit one fellow each year, with the ultimate goal of growing to a class of 2 or 3 fellows. Interested candidates can contact Drs. Bell and Turner by email at ColleenBell@tscjax.org and aturner@uf.edu with their interests and a C.V. They would both be delighted to meet with candidates and show them around the Sulzbacher Center.

PICTURED: Top right, Dr. Ana Turner doing street outreach with a potential client. Bottom left, Dr. Colleen Bell.
The Dr. Richard C. Christensen Memorial Project Update

In an interview, a former patient described Dr. Richard C. Christensen as the embodiment of unconditional love. Tragically, his life was cut short in November 2015 when he was hit by a motor vehicle while out for a morning run. On that fateful day, he was doing what he did best — serving others, during a Habitat for Humanity International project in Zambia. A pioneer of “street psychiatry,” Dr. Christensen (“Dr. C”) worked at Jacksonville’s Sulzbacher Center, which provides services for people who are homeless or at risk of becoming so. His legacy continues through numerous projects and community service initiatives organized by coalitions of family members and friends, as well as former students and colleagues from the University of Florida and the Sulzbacher Center.

Over the past three years, the UF Psychiatry Christensen Memorial Project completed a three-pronged effort to preserve Dr. C’s legacy. Through the efforts of the Christensen Editorial Board (Drs. Robert Averbuch, Dawn Christi Bruijnzeel, Regina Bussing, Josepha Cheong, Jacqueline Hobbs, Louis Solomon, Ana Thomas Turner, and Cara Yergen; Kathy Christensen; Caroline Nickerson; Priscilla Spence, and Tory Wilcox) three resources were produced, based on Dr. C’s life and work: (1) the Christensen Pearls; (2) a comprehensive teaching website; and (3) a National Model Curriculum on medical ethics.

The “Christensen Pearls,” a pocketbook created and first released in Summer 2016, pulls together published learning aids Dr. C created for medical students. The book contains short articles with helpful mnemonic devices and a table of psychiatric medications started by Dr. Christensen and finished by his former student, Dr. Ana Turner. The book also features remembrances and artwork created by former patients, alongside warm recollections from former colleagues. This resource now gets distributed to all medical students during their psychiatry clerkship, preserving Dr. C’s teaching legacy.

A teaching website with a launch date of Summer 2018 serves as a living repository of Dr. Christensen’s work. The website will be interactive and constantly updated with information of value to patients, students, faculty and the general public. Its focus will be on Dr. Christensen’s vast body of work, with the published articles organized according to themes. “Anyone who knew Dr. Christensen remains transformed by the heart-to-heart connections he established,” Dr. Bussing said. “For those who only know of him, our memorial project keeps alive his legacy of caring, advocating and instilling hope.”
The National Model Curriculum on medical ethics, completed in 2018, includes Dr. Christensen’s ethics writings along with original content from other UF Psychiatry faculty. The art featured throughout the curriculum, a collection of puzzle pieces, were produced in two workshops by friends, family, and colleagues of Dr. Christensen under the guidance of Maggie Hannon, a recreational therapist.

The first workshop took place at the Sulzbacher Center in Jacksonville and the second at Helping Hands Clinic in Gainesville. At the second workshop, musicians Sofia Sirocchi and John Wieand performed through the Arts in Medicine program. Excerpts from their performance are available online. Showcased in April 2017 and 2018 at the Annual Christensen Memorial Advocacy Day, these puzzle pieces will continue to be featured in several different physical installments throughout Gainesville and Jacksonville. Afterwards, these pieces will be incorporated into artist Tim Kelly’s “Puzzle Project” in New York, New York.

Dr. Jacqueline Hobbs is proud that the Christensen Memorial Project Medical Ethics Curriculum is the first curriculum that UF Psychiatry submitted for peer review and national distribution through the American Association of Directors of Psychiatric Residency Training (AADPRT). Dr. Hobbs is convinced that “This is one of the most amazing curricula that has been submitted to AADPRT. It’s very colorful, it has all this artwork, and it has videos that accompany it. It’s a very comprehensive type of curriculum, yet it can be broken down and taught in smaller components.”

Dr. Cara Yergen, a former Christensen Editorial Board member and curriculum co-author, never met Dr. C in person, but felt compelled to honor his legacy through her contribution. “I didn’t even know Dick and I cannot describe how much his life work has infiltrated my own practice as I learned about him through the works he left behind. He made me a better psychiatrist and now he is also responsible for my first significant publication.”

Dr. Hobbs feels that the curriculum honors Dr. Christensen’s legacy of compassion and ethical psychiatry. “The importance of Dr. C’s example can’t be understated. In education and in medicine in general, a solid foundation of ethics is necessary.” The curriculum can be found online at https://christensen-project.psychiatry.ufl.edu/curriculum/.

Dr. Christensen’s memory is further preserved in the annual Memorial Lecture and Advocacy Day. If you wish to contribute to this effort, consider a donation to the “Richard C. Christensen, MD Visiting Lecture Fund #F020281.”
The UF-VA UNESCO Bioethics Unit was established in Gainesville, FL on September 23, 2015. Dr. Joseph Thornton serves as the Unit Chair, and Dr. Rajiv Tandon chairs the Steering Committee. There are currently three UNESCO units in the United States, at Indiana University, Harvard University, and the University of Florida.

Dr. Tandon describes the Unit’s mission as both local and global, representing an internal effort to promote bioethical principles at UF and an initiative to participate in a global conversation on ethics. In all its activities, the Unit strives to integrate principles of bioethics into daily clinical practice, increase the visibility of teaching bioethics in the clinical setting, promote awareness of the UNESCO Declaration on Bioethics, and support the curriculum of the UNESCO Bioethics Program. Dr. Thornton describes the collaboration between UF and the VA as synergistic.

One annual effort is the Unit’s World Bioethics Day Celebration. Of note, the Second Annual World Bioethics Day Celebration in 2017, themed “Equality, Justice and Equity,” was juxtaposed to the campus visit of a controversial campus speaker touting white supremacy. As Dr. Thornton said, “Richard Spencer coming to campus may have been a distraction, but on the other hand, the contrast between Spencer’s hate and our event’s positive message gave our event even more significance.” The 2018’s World Bioethics Day, themed “Solidarity and Cooperation,” is scheduled for October 19 in the DeWeese Auditorum at the McKnight Brain Institute.

The Unit has a proud tradition of incorporating the contributions of psychiatric residents. Last year, Dr. Jessica Khan, a current PG-Y2 resident, presented both at the International Global Psychiatric Initiative (IGPI) meeting in Orlando and at the Unit’s second annual World Bioethics Day Celebration. Dr. Jessica Khan appreciates the Unit and its focus on social justice. “I think the Bioethics Unit is an incredibly valuable and unique learning opportunity for psychiatrists and all physicians. We encounter ethical dilemmas and challenging situations daily as an inherent part of delivering medical care and if we don’t take the time to learn more and think reflectively about our own experiences, we are at risk of becoming burned out and delivering less therapeutic care to our patients. The focus of my academic endeavors has been on social justice and ethics because I have found that if we don’t pay more attention to these topics, our patients are doomed to fail treatment despite our best efforts to help them. It is vital to assess the full person and the environment and not just the mental illness in order to create change for vulnerable people.”

This year, psychiatry residents presented on preventing moral distress and burnout at the American Psychiatric Association 2018 Meeting in New York City. The Unit has a particular expertise in addressing burnout. As Dr. Tandon commented, “We believe that addressing ethical issues early on will help solve the problem of burnout.”

Recently, the Unit created a website to showcase its activities. The website can be found here: http://bioethics.psychiatry.ufl.edu/
The Bioethics unit conducts well-attended, meaningful quarterly meetings. Other current activities include the writing of articles for a special issue of the Asian Journal of Psychiatry on Ethics. One of the Unit members, Dr. Catherine Striley, PhD, MSW, ACSW, MPE, of the Department of Epidemiology, is applying for a Fogarty Grant partnership with NIMHANS in India. Though the Unit at UF has a psychiatric focus due to the majority of its membership being psychiatrists, it welcomes individuals from other departments and seeks to grow in the UF and Gainesville community. UF Psychiatry is pleased that through this Unit, UF is participating in a global effort to provide bioethics training with the goal of implementing principles of bioethics in everyday, clinical practice.

Dr. Regina Bussing, the Department Chair, is very pleased to welcome Dr. Andres Pumariega. “Dr. Pumariega has expertise in systems of care, and besides leading the child division and helping them meet current mission goals, he will also strengthen our relationships with pediatrics, community mental health, and also with relevant agencies in the State of Florida.”

Dr. Pumariega is a board-certified child and adolescent psychiatrist. He received his undergraduate and medical degrees from the University of Miami. Dr. Pumariega completed his psychiatry residency at Duke University in Durham, North Carolina. His child and adolescent fellowship was a combined program of Duke University Medical Center and Children’s Psychiatric Institute at John Umstead Hospital in Butner, North Carolina.

He is eager to lend his expertise to both the Department and surrounding community. “I’ve already headed three child psychiatry programs and chaired two academic departments of psychiatry, as well as one hospital department. I bring administrative background, but another aspect of my career is program development. I’ve developed programs where child psychiatry interfaces with key areas that address the needs of children and youth. I’m involved in collaboration and consultation in communities across the country, and I’m excited to apply that background here in Gainesville. The foundation here is incredibly strong, in terms of the faculty and the community, and I’m excited to see the new ways child psychiatry will be applied.”

Enthusiastic to join the Gator Nation, Dr. Pumariega considers Florida his home state. “I grew up in Miami, went there through medical school, and I am in the University of Miami’s Hall of Fame. But I will be saying ‘Go Gators!’ now, and my friends at UM will have to forgive me! If there’s a game, I’m going to be sitting on the Gators’ side.”

Welcome to Dr. Pumariega!
SPOTLIGHT ON CARD

Drs. Greg Valcante and Anne-Marie Orlando are passionate about their work with the UF Center for Autism and Related Disabilities (UF CARD). First established in 1993 and funded through the State Legislature, Florida has seven regional CARD sites that offer free support within natural contexts to individuals affected by autism and related disabilities.

At UF, CARDS’s growth has been immense. Dr. Valcante, Assistant Professor and Associate Director of UF CARD, has been with UF CARD since the very beginning. “We started out with a budget of $100,000 and one and a half staff, and now we have over a million dollars annually and 12 staff. It’s been 25 years, and we’re now able to provide a lot more services to a lot more people.” UF CARD serves 14 counties now, covering a lot of territory.

UF CARD consists of a team of professionals and parent and family partners serving children and adults with autism and related disabilities. The goal is to help ‘build capacity’ such that individuals learn skills and strategies to help themselves and/or their children. All services provided by UF CARD are free of charge. Seven CARD centers are funded by the state. CARD does not provide diagnostic services, but can provide referrals for diagnostic assessments.

One of UF CARD’s new programs is SOCIAL (Student Opportunities for College, Independent, and Academic Life) Gators, which started this fall.

Dr. Anne-Marie Orlando reflects that they developed SOCIAL Gators after observing students with autism spectrum disorder who have struggled to integrate with UF campus. “Working with the Disability Resource Center and the Counseling and Wellness Center, we created a program that consists of weekly meetings, a mentor-mentee relationship, and weekly academic counseling. Within the program, we are also putting together an online course to include topics such as independent living, developing identity, how to prepare for work, and maintaining professional responsibilities.”

Dr. Valcante emphasizes the importance of naming the program SOCIAL Gators. “It’s not stigmatizing. It’s not ‘Autism Gators; it’s SOCIAL Gators.”

UF CARD is fully integrated into UF Psychiatry’s programs, including the Child and Adolescent Psychiatry fellowship program and its autism clinic, and the Adult Autism and Developmental Clinic. UF CARD staff attend the UF psychiatry clinics, allowing easy patient access to UF CARD resources and enabling UF CARD to meet new families and follow up with existing constituents.

Dr. Orlando believes that UF CARD’s greatest assets are its diverse staff. “Our staff are multidisciplinary, giving us a lot of resources. Our constituents are wonderful, and we have the opportunity to meet some amazing individuals and supportive families.”
Dr. Valcante notes that UF CARD’s parent partners are a great resource as well, especially when they can mentor other parents. UF CARD connects parents together to create a supportive network.

Dr. Valcante emphasizes that “all children with autism grow up to be adults with autism. So our emphasis has had to focus more and more on adults because they don’t have the services at school anymore. The Adult Autism and Developmental Clinic is something relatively new, and we provide employment training every summer, and

SOCIAL. Gators now – it’s become more and more of a great need that we have to address.”

Dr. Orlando agrees with the importance of focusing on adulthood: “We have great resources for early intervention, so now we have to ask: where do we go now? In the past, we increased the capacity of agencies to provide services early on, and now we’re increasing the capacity of other agencies responsible for adult services. One thing we’re doing is helping adults develop a peer network, and working in the psychiatry adult clinic is a good way we get the word out in the area we serve.”

CARD programs represent a great national model, as CARD services are offered across all age ranges providing empowering supports with great success. As Dr. Valcante said, “The need for CARD is definitely there. Over 1% of the population qualifies for our services, and there are still a lot of people out there that we haven’t met yet.”

NEW BOOK FROM
MARCIA MORRIS, MD

Dr. Marcia Morris recently published The Campus Cure: A Parent’s Guide to Mental Health and Wellness for College Students. “I wrote this book because I saw a big increase in mental health problems on campus, and I felt that it was critical for parents to understand what was going on with their children so that they can encourage their children to get help. There is more academic, financial, and social stress than ever before. The campus environment is different than what parents would have faced in school, and this book can help them address these new challenges. I cover anxiety and other conditions in detail, with therapy, medication, and lifestyle treatments explained.

In the past, people would talk about letting go, saying that parents shouldn’t hover all the time, but when it comes to mental health, there is no such thing as being a helicopter parent. With mental health, it’s critical that people get help quickly. The message I give is that there’s hope. Parents get discouraged if their kid is having a problem. But with good therapy, medication, family involvement, and education support, parents can learn how to be a mental health advocate for their child.”
Multiple Applications of Mindfulness: Departmental Sessions, Clinical Work, Service, and Resident QI Projects

Mindfulness matters to the Department of Psychiatry. In 2015, UF Psychiatry Chair Dr. Regina Bussing first established weekly “Mindful Relaxation Minutes” for interested faculty, staff and trainees. She is a firm believer in the value of mindfulness practices, noting “By learning mindful relaxation skills to care for ourselves, we preserve our ability to help others, sustain the joy that comes from caring, and lead by example.”

What is mindfulness? Dr. Carol Lewis, PhD, MPH, Associate Professor of Psychiatry, offers Jon Kabat-Zinn’s definition: “Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind.” Dr. Lewis served as the inaugural instructor for UF Psychiatry’s weekly ‘Mindful Relaxations Minutes in 2015. Continuing into the present, weekly Thursday sessions offer a thirty-minute opportunity to rejuvenate. Over the course of the year, participants learn various proven ways to reduce stress levels, including Mindfulness, Yoga Nidra, Progressive Muscle Relaxation, Autogenic Training and Breath Work.

Sessions are led by experienced teachers like Dr. Lewis and online didactic information is available for those who want to learn more about the scientific evidence base for mindfulness. Sessions are available in person for faculty and staff. The public can join via a toll-free conference line. Furthermore, sessions are archived for access at later time to support mindfulness practice beyond the weekly program time.

A big believer in mindfulness in both her personal and professional life, Dr. Lewis incorporates it into her clinical practice. Dr. Lewis views mindfulness as an essential tool in treating symptoms of depression and anxiety. “Mindfulness skills can be very effective in helping people learn how to notice and manage ruminating thoughts, both for our patients and ourselves.”

She offers mindfulness teaching to almost all patients who come into her office and to the patients she encounters when working with the College of Medicine’s Mobile Outreach Clinic.

The Mobile Outreach Clinic is a bus-based free primary care clinic that provides services in areas of Gainesville that are medically underserved. Dr. Lewis accompanies them twice monthly when they go to GRACE Marketplace.

At GRACE Marketplace, Dr. Lewis encounters an underserved and largely homeless population.
Dr. Lewis looks forward to the clinic, and her praise is effusive. “The mobile clinic team is exceptional. They have hearts for the underserved, hearts to reduce suffering.”

On the bus, Dr. Lewis does brief behavioral health consultations with clients, which often includes teaching mindfulness practices. Dr. Lewis always has trainees with her: HIPAA-trained undergraduate Mobile Clinic care coordinators, Medical Psychology graduate students, and post-doctoral fellows.

In her consultations at GRACE, she hands out the blue card that she developed during her masters of public health program. This take-home aid details evidence-based six steps to emotional health, including mindful thinking. Though the brief consultations are not traditional psychotherapy, she believes that they are valuable in a different way. Dr. Lewis, who considers herself skills-based treatment provider, teaches these mindfulness skills in the time allotted for her to serve.

Recently, a group of residents approached Dr. Lewis about doing a mindfulness Quality Improvement (QI) project, which led to weekly twenty-minute mindfulness sessions being built into the residency curriculum for five weeks. According to Dr. Yarelis Soto-González, team leader for the project, they intend to “measure levels of burn-out using different scales in pre- and post-mindfulness sessions.”

Dr. Lewis believes that this could be “life-changing for the residents professionally, if not personally as well.” She feels that the residents will be more likely to incorporate mindfulness in their professional lives after experiencing it personally.

The Department also incorporates mindfulness into events and programs. In September, the World Bioethics Day Celebration, organized by the UF-VA UNESCO Bioethics Unit began with a meditation by mindfulness expert Beatriz Elena de Bruna. In April of 2018, the Richard C. Christensen Memorial Advocacy Day program included a brief meditation. It is clear that in the months and years to come, UF Psychiatry will continue to implement mindfulness practices in its activities.

Want to see what mindfulness is all about? Contact the Department’s Public Relations Specialist Melinda Fawcett at hartigan@ufl.edu to call-in to the weekly mindful relaxation minutes.
The Department of Psychiatry was established in 1958 under the leadership of Dr. Peter Regan as part of the newly developed UF College of Medicine. During the first year, outpatient and inpatient clinical psychiatry services were initiated and a general psychiatry residency was established. In 1960, the Division of Child Psychiatry was added, and the Child Psychiatry Fellowship soon followed. In 1964, Dr. Robert L. Williams succeeded Dr. Regan as Department Chairman.

In 1980, Dr. Adams recruited Dr. Ralph Maurer. Maurer’s legacy is best described as that of a bridge-builder. He was instrumental in the creation of the statewide Centers for Autism and Related Disabilities (CARD). He started innovative autism research programs and led the UF autism inpatient program, bringing together a diverse team that conducted groundbreaking work at a time when autism was considered an extremely rare disease. Dr. Maurer taught generations of residents and fellows – we fondly remember him for exemplary devotion to his patients and their families, for connecting families and faculty, as well as for advocating for autism research and services in the Florida legislature.

In 1967 the Gainesville Veterans Administration Hospital was opened as a Dean’s Committee hospital, and its psychiatric service was completely integrated with the Department of Psychiatry. In August 1974, Dr. John E. Adams became Chair of the Department of Psychiatry. Since then, the department’s aim has been to provide a broad educational experience in a multi-faceted program with its hub centered in a major academic medical center. Dr. Adams was deeply passionate about patient advocacy, but also emphasized research.

Dr. Adams passed away in 1989, and his efforts continued under the leadership of Dr. John M. Kuldau who served as Department Interim Chair from 1989-1992. Dr. Kuldau was deeply passionate about the residency program, as well as devoted to the VA. He was committed to increasing residency diversity, training doctors to be better people and psychiatrists, and emphasizing the value of psychotherapy, including for residents. Dr. Kuldau continued to do what he loved, supervising residents, until days before his death in 2012.

Special thanks to Dr. Christiana Leonard for speaking about her husband Dr. John Kuldau’s legacy, and to Dr. Virginia Maurer for speaking about her husband Dr. Ralph Maurer’s legacy.
In 1992, Dr. Dwight Evans was selected as Psychiatry Chairman through a national search. Under his leadership, the department experienced tremendous growth of its research infrastructure, moving to a position of national recognition. Dr. Evans set the stage for innovative research and treatment programs for depression and mood disorders. He chaired psychiatry during the “Decade of the Brain,” and under his tenure, the Department of Psychiatry became part of the McKnight Brain Institute. After five successful years at the helm, Dr. Evans was wooed away to lead the Psychiatry Department at the University of Pennsylvania.

Dr. Gold was selected as Psychiatry Chairman in 2007 and appointed as Donald R. Dizney Chair in 2008. During his term, Dr. Gold, a seasoned researcher and prolific inventor, created the Division of Addiction Medicine. He helped found the UF Florida Recovery Center, the first premier addiction treatment facility of its kind in an academic setting, and established the UF Psychiatry center in Vero Beach. Dr. Gold also had the foresight to emphasize addiction training for medical students, establishing a two week intensive addiction psychiatry rotation during the 3rd year medical student clerkship, the first of its kind in the United States. After seven successful years at the helm, Dr. Gold retired from the Department in 2014, and Dr. Regina Bussing was appointed as Interim Chair.

In 1997 Dr. Wayne Goodman, recruited to the University of Florida in 1993 from Yale University, assumed Interim leadership. Following a national search, Dr. Goodman was appointed Chairman of Psychiatry in 1998. Dr. Goodman energized the department with a focus on clinical trials and OCD. After nine years at the helm, Dr. Goodman pursued an NIMH Research Sabbatical and Dr. Mark S. Gold assumed the Acting Psychiatry Chair role.

Dr. Regina Bussing, appointed Chair of Psychiatry in 2016, is determined to consolidate and expand on the department’s legacies and strengths. Her strategic focus has been fourfold, solidifying the Department’s role in depression and mood disorders (achieving membership in the National Network of Depression Centers in 2018); supporting innovative efforts in OCD and anxiety disorder through the Center for OCD, Anxiety and Related Disorders (generating two endowed professorships and a large bequest); supporting growth in addiction research via commitments to the Center for Addiction Research and Education (CARE) and to the Pottash Research Initiative; and teaming up in university-wide efforts to develop a UF Autism Center. Undergirding these strategic efforts has been a broad commitment to promoting faculty development, scholarship, and generating new generations of academic leaders.

Go Gators!
Can you make it from the McKnight Brain Institute to the UF Health Center for Psychiatry and Addiction at Vero Beach?

UF Psychiatry has facilities and faculty in a variety of places. Give this maze a shot to see if you can make the drive from the MBI to Vero Beach! You’ll stop at quite a few other UF Psychiatry locations along the way.