Dear Friends of Iowa Child and Adolescent Psychiatry,

Happy Spring! I hope this letter finds you well. For department updates, you can check out our websites for the clinical services at UIHC ... (https://uichildrens.org/medical-services/psychiatry-and-psychology) and the child psychiatry fellowship (https://gme.medicine.uiowa.edu/child-and-adolescent-psychiatry-residency).

Here and Now: Embedding dialectic behavior therapy in high school!

At the University of Iowa, we have observed the benefits of dialectic behavior therapy (DBT) for adolescents with psychiatric disorders for more than ten years. The Adolescent UIHC DBT program has grown from its initial use on the inpatient unit, 1JPE, to now include four outpatient groups every week. However, our clinical staff continued to notice un-met needs in our local community. Many youth who could benefit the most from DBT outpatient treatment could not access the clinic-based groups. So, Jamie Kremsreiter PhD, Nancy Beyer MD, and James Burkhalter, LISW, put their heads together and, as they put it in their departmental Grand Rounds in February, made a plan to “leave the tower.” With Dr. Beyer’s collaboration with the Iowa City schools for psychiatric care and the skills of Dr. Kremsreiter and Mr. Burkhalter in working with youth in group therapy, they wrote and received a pilot grant to start a DBT group in an Iowa City High School.

Over the past year, they have refined their approach, with invaluable support from a school-based family advocate, John Roarick. Instead of their initial plan for after school groups, they are incorporating DBT into the school day. As Dr. Beyer found in her school-based psychiatric care, there is a clear ability to reach youth through the school-based DBT who are not able to participate in interventions through the UIHC on-site groups. Alongside their continuation of this ground-breaking program, they now plan to instruct a few teachers across Iowa City schools in DBT skills and how they might bring them directly to their students. The team plans to examine how these interventions affect school and healthcare outcomes for these youth.
Looking Back: Spotlight on Dr. A.J. Allen

AJ Allen MD, PhD graduated from the Iowa child fellowship in 1992, spent several years at the National Institute of Mental Health and the University of Illinois Chicago before moving to Eli Lilly in Indianapolis in 2000. Despite being in Indiana for many years, Dr. Allen, who grew up in the Quad Cities, still considers himself a Hawkeye and had a very generative visit back to the University of Iowa two years ago to establish the Samuel Kuperman Development Fund. As we reassured you in our last newsletter, Sam is not retiring, thankfully! Dr. Allen wanted to do something to recognize Sam's contribution to his career, to the field of psychiatry, and to many other psychiatrists. This fund will allow for University of Iowa child psychiatry fellows and junior faculty to attend scientific and clinical meetings. Dr. Allen enjoyed coming back to the University to create this fund in collaboration with Sam. It would mean a lot to Sam and the Child Psychiatry Division if other alumni who wish to give back to UIHC child psychiatry could also donate to make this program an even greater success. If you wish to give, please go to the following link and mention in your comments the Sam Kuperman Development Fund:
https://medicine.uiowa.edu/psychiatry/about-us/donate-psychiatry

Dr. Allen believes that this fund will have many positive impacts on UIHC Child Psychiatry including attracting high quality fellow applicants, connecting Iowa trainees with the science of the larger field, supporting specific career interests of early career child psychiatrists, and building professional networks for our child psychiatrists with their alumni and colleagues at conferences. Dr. Allen values attendance at scientific meetings because the experience often challenges old perspectives and allows for innovative thinking—he hopes this will also be supported by this fund.

Dr. Allen's work at Lilly has evolved over the years and, since Lilly has moved away from psychiatric drug development, he now is a Senior Medical Fellow for Pediatric Capabilities, integrating scientific and business practices. Much of his work requires educating other physicians, scientists, and the public about pediatric health conditions and how clinical trials work. Dr. Allen still uses his expertise in children's mental health frequently, since issues of clinical research ethics and comprehensive health in pediatric trials require a mental health perspective. Dr. Allen's work cuts across all areas of pediatric therapeutics - including oncology, diabetes, migraines and autoimmune diseases - as well as health policy efforts directed at pediatric drug development.

We will spotlight a former member of UIHC child psychiatry in each letter. If you have an idea for a colleague that should be highlighted in this feature, please let us know.
Looking Ahead: New Faculty

Burgundy Johnson DO, our current chief resident in the Iowa Child Psychiatry Fellowship, will be joining the faculty in July. She has an interest in early childhood mental health and will be building a specialty clinic in conjunction with Dr. Beth Troutman PhD. Dr. Johnson received her DO from Lake Erie College of Osteopathic Medicine and has received additional training through the Circle of Security program.

Michael Lind PhD will be joining the faculty to broaden the work of a larger departmental specialty program in Intellectual Disability and Mental Illness to reach youth on the 1JPE inpatient unit. Dr. Lind completed his PhD in the UI School Psychology program and participated in further neurobehavioral training at Kennedy Krieger Institute at Johns Hopkins University School of Medicine.

Kelly Pelzel PhD will be joining the faculty and will contribute to programs in autism spectrum disorder and early childhood mental health. Dr. Pelzel received her PhD from the University of Utah and received fellowship training in the Iowa Leadership Education in Neurodevelopmental and Related Disabilities Project. She has already contributed greatly to the University of Iowa Autism Center through her previous work at the Center for Disabilities and Development.

Welcome

New Trainees:
In the January 2018 newsletter, we told you about the matched child psychiatry fellows who will be starting in July. In July, we will also have three of the incoming residents joining the new Child Psychiatry Track in the University of Iowa Categorical Psychiatry Residency Program: two graduates from the University of Iowa Carver College of Medicine, Kevin John Rivera MD and Xiaoxi Yang MD, and a graduate of Des Moines University College of Osteopathic Medicine, Chantal Rozmus DO. These three soon-to-be interns will be joining two interns (almost PGY2s) currently in the Child Psychiatry Track, Emira Deumic MD and Corinne Webb MD. Many thanks to Don Black MD and everyone else in the Psychiatry Residency Program for collaboration on this initiative begun in 2017. These stellar trainees are enriching our program.

We are also fortunate to work with psychology trainees from multiple programs, some who will be continuing with us and some who are joining anew. Dr. Laura Fuller will be training Jessica Armer from the UI Clinical Psychology program this summer and Mandy Conrad from the UI Counseling Psychology program during the academic year. Dr. Patricia Espe-Pfeifer is enthusiastically welcoming back Charles Cederberg from the UI Counseling program to do an advanced pediatric neuropsychology practicum and assist with DBT group therapy for youth. Lastly, Dr. Todd Kopelman is thrilled that Lea Boldt is continuing on as a fifth year student in the UI Clinical Psychology program. For the past three years, she has been a practicum student in the child psychiatry interdisciplinary autism clinic. Her responsibilities have included developing staffing sheets for the team, assisting with psychological evaluations, and providing diagnostic feedback and recommendations to caregivers. Lea has also assisted with developing a patient satisfaction survey and conducting a survey of autism centers across the country regarding their assessment practices. She is also participating in a telehealth research project for young children with autism who engage in challenging behaviors. Lea is indeed a star!
Farewell and Best Wishes

Three of our child psychiatry fellows will be officially finished at UIHC as of the end of June. Dr. Mohammed Z Ali, MD will be pursuing multiple opportunities, Dr. Rustin Licht, MD will be joining Psych Associates in Iowa City, and Dr. Burgundy Johnson, DO will be joining the UIHC team.

We congratulate two of Dr. Espe-Pfeifer’s practicum students in their successful match for postdoctoral fellowships in neuropsychology. Dr. Jennifer Chang will train at Texas Children’s Hospital/Baylor College of Medicine for Pediatric Neuropsychology and Dr. Owen Gaasedelen will work with New Mexico VA for Adult Neuropsychology. Dr. Espe-Pfeifer will also bid farewell to psychology student Alyssa Choate as she finishes her pediatric neuropsychology year-long rotation. We also thank two of Dr. Fuller’s practicum students for their enthusiasm and excellent work in our clinic, Kathryn Goffin and Ji Youn “Cindy” Kim.

Other News:

The Klingenstein Third Generation Foundation sponsored our Samuel T. Orton Medical Student Child Psychiatry Interest Group members to travel to Los Angeles, CA for a whirlwind conference at UCLA. We joined more than 60 other medical students with interests in children’s mental health and their child psychiatry faculty mentors to hear student talks and posters and network with like-minded individuals from the fourteen sponsored medical schools across the country. Our students are so grateful to the Klingenstein foundation for this support.

The 2018 Johnson County NAMI walk in April was a wonderful success. We had a great team headed up by our Child Psychiatry Fellowship Coordinator Dee Lovig. The weather was gorgeous and we raised $1751.00 for NAMI’s work in our area. We even had a beautiful unique design on our t-shirts contributed by a former teen patient of UIHC. Thank you to all who participated and/or donated!

The First Annual Autism Center Conference—Innovations in Research and Care—was also a great success at the end of April. This conference was organized by Dr. Todd Kopelman and Mary Roberts and had over 60 attendees including University students, physicians across the state, family members of individuals with autism, and others.

The newsletter will be produced at least twice a year. We look forward to sharing all news related to Iowa Child Psychiatry and ask for your help in doing so:

1. Please send your latest professional news that we could share in our next newsletter with our alumni.
2. If you know contact information for any Iowa Child Psychiatry alumni, please send it to us and PLEASE join our Facebook group—Iowa Child Psychiatry and send anything you would like to share on the page to Dee.

Please send any and all info to: (hanna-stevens@uiowa.edu) or our fellowship coordinator, Dee Lovig (deeanna-lovig@uiowa.edu).

If you have any questions or need any additional information, please let me know.

All of our best regards from Iowa City,

Hanna Stevens, MD PhD
https://uichildrens.org/medical-services/psychiatry-and-psychology