Message from Dr. Lisanby
Welcome to the first issue of DukePsych, the quarterly newsletter for the Department of Psychiatry and Behavioral Sciences. Since I came back to Duke in 2010 as Chair, I have been working to find new ways to communicate with our faculty, staff, and trainees, as well as those whose lives have been touched in some way by Duke Psychiatry and Behavioral Sciences. My hope is that this newsletter will make you feel more connected and in-the-know, regardless of whether you are in Durham or across the country.

We hope that you enjoy receiving these periodical updates from the Department, and encourage you to forward this newsletter to those who may be interested in subscribing and learning what’s new at Duke. We also welcome your feedback or story ideas, which can be sent to psychiatrychair@dm.duke.edu.

Sincerely,
Sarah Hollingsworth Lisanby, MD
Lawrence C. Katz Professor and Chair, Department of Psychiatry and Behavioral Sciences

News
Exciting News for Integrated Pediatric Mental Health
Dr. Helen Egger recently received a $1.6 million award from The Duke Endowment to establish an Integrated Pediatric Mental Health Collaboration between Duke Medicine, the Duke Center for Child and Family Policy, the Northern Piedmont Community Care network, state and local mental health systems of care, and the Durham Public Schools.

Get Social with DukePsych
Duke Psychiatry and Behavioral Sciences is now on social media. Like us and follow us to learn in real-time what’s going on.

In The News
Answers About Alzheimer's

'Predrinking' nearly doubles booze consumption: Study
U.S. News & World Report, November 8, 2012
Scott Swartzwelder, Ph.D., professor in psychiatry and behavioral sciences, said the behavior of 'predrinking' -- consuming alcohol at home before drinking at a bar -- raises questions about the drinking age. "There's a reasonable hypothesis that if you can drink legally, you'll be less likely to pile drinks on in your dorm room before you go out" to places where you cannot drink legally, he said.

PTSD Linked to Smaller Part of Brain
WUNC North Carolina Public Radio, November 6, 2012
Raj Morey, professor of psychiatry, recently uncovered an association between the size of the Amygdala and occurrence of PTSD in combat veterans. "I think this is just one piece of that puzzle that we will try to create to kind of define what are all the factors that constitute a vulnerability." Morey says eventually, a knowledge of all those factors could make it possible to target treatment more effectively.

Quitting smoking: Why some stop alone, others need aid
Richmond Times Dispatch, November 4, 2012
Inaugural Alumni Event A Success
Psychiatry and Behavioral Sciences held its first Alumni Reception on Friday, October 19 as part of the Duke Medical Alumni Weekend. We appreciated the opportunity to reconnect with the 19 alumni and guests who attended, some traveling from as far as Massachusetts and Georgia.

Research Spotlight
The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands?
Duke Investigator: Dan Blazer, MD, PhD

This past summer, the Institute of Medicine released a consensus report on the increasing number of seniors with mental health and substance abuse issues, and lack of resources to address their growing needs. The report, titled, "The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands?" stresses the need for a sufficient workforce of health care professionals trained in geriatric mental health and substance abuse care. Read More >

Ask The Expert
Sarah Hollingsworth Lisanby, MD, a geriatric psychiatrist and professor and chair of the Department of Psychiatry and Behavioral Sciences at Duke University School of Medicine, discusses the use of ECT to treat depression. Read More >

Meet Our Donors
Farrell Bushing, Jr., has a history of supporting organizations that hold meaning to him and his family. Read More >

Events
"You have those different categories of folks for whom different treatment works...It might be those folks could have quit sooner had they come in for help," says Swartzwelder, professor of psychiatry and behavioral sciences who studies addiction at Duke's Center for Smoking Cessation.

Antidepressants during pregnancy can be tricky
CNN Health News, October 31, 2012
For years, pregnant women who suffer from depression have been told that it is safer for them and their unborn child to continue taking antidepressants during pregnancy. Now a new study is challenging that advice. However, Marla Wald, a psychiatrist at Duke University Medical Center who specializes in perinatal and women's mental health, warns: "you're going to run the risk of letting mom slide into postpartum depression when perhaps you could have prevented this if you'd started treatment earlier."

Lifelong smoking cuts women's lives by a decade
ABC Nightly News, October 26, 2012
Jed Rose, PhD, Director of the Duke Center for Nicotine and Smoking Cessation Research and Medical Research Professor in the Department of Psychiatry, appeared on NBC Nightly News discussing how lifelong smoking impacts women's health.

Adult picky eaters will only consume three kinds of food
Good Morning America, October 26, 2012
"We don't quite understand what adult picky eating is...but what we do know is that there is a real biological struggle going on that's not all in their heads," said Nancy Zucker, director of the Center for Eating Disorders at Duke University Medical Center, who studies picky eaters.
November 29, 2012 - "Rethinking Psychiatry" with Dr. Thomal Insel, MD, Director, National Institute of Mental Health. Psychiatry and Behavioral Sciences Grand Rounds.

December 20, 2012 - "How Your Mood Affects Your Sleep and Your Sleep Affects Your Mood" with Meg Lineberger, PhD. Free and open to the public.