Greetings! We have many exciting developments to share with you in our fall edition of DukePsych. Our featured expert is Joe McClernon, PhD, who heads our Division on Addictions Research and Treatment. We also wanted to highlight for you important research on the long term impact of childhood bullying.

Additionally, in this issue, are updates about our continued clinical growth, the launching of our inaugural advisory board, and our expanded public outreach efforts.

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

**In the News**

**Jump-Start Kits for the Mind**
“There’s a growing body of literature about tDCS, but there’s still so much to learn,” shares Dr. Lisanby.

**How A Sugar Pill Can Treat Mental Illness**
*WUNC*, October 28, 2013
Alison Adcock, MD, PhD discusses how understanding the placebo effect can lead to innovations in medicine.

**An Alternative to Leaving College for Treatment**
*Psychology Today*, October 16, 2013
Duke's Center for Eating Disorders just launched an intensive evening treatment program. The idea is to try to help students and professionals get their disorder under control while still being able to maintain their daily commitments to work and school.

**Signs May Be Evident in Hindsight, but Predicting Violent Behavior Is Tough**
*New York Times*, September 18, 2013
Jeff Swanson, PhD comments on the recent shooting at the Washington Navy Yard and our ability to detect violent behavior.

**Could Humans Hibernate? Lemurs Give Clues**
expand our evaluation, medication management, and therapy services for patients. We are pleased to share that we had the Grand Opening of DPOC on August 28. For further information about DPOC and all of our adult psychiatry services, please visit our website.

**Inaugural Advisory Board Meeting**

We hosted the inaugural meeting of the Duke Psychiatry and Behavioral Sciences Advisory Board on September 10. Our first meeting focused on the work we are doing here at Duke to treat depression across the lifespan. The board will meet twice a year, in the fall and the spring. Our spring 2014 meeting and will focus on Duke's integrated pediatric mental health initiative. For further information please contact Megan Boyle at 919-681-4427 or megan.a.boyle@duke.edu.

**Raising Awareness about Mental Health**

On Thursday, October 10, organizations across the country hosted free depression screenings as part of National Depression Screening Day. Duke Psychiatry coordinated two screening sites on campus for students, employees, patients and community members. October 10 also marked World Mental Health Day. To commemorate this, we partnered with the Duke Global Health Institute to host a documentary film screening and discussion about global mental health. Read more here >

**Ask the Expert**

Duke recently launched the first university-based addiction center, the Center for Addiction and Behavior Change (CABC), offering neurobiological research toward the prevention, early intervention and treatment of addiction. Duke Psychiatry is proud of our many distinguished addictions researchers. Our featured expert, Joe McClernon, PhD, specializes in

---

**Time, September 4, 2013**

Exciting new research on hibernating lemurs by Andrew Krystal, MD give clues into metabolism and human's need for sleep.

**Video Games Help Battle Addictions**

ABC News, September 5, 2013

Virtual reality therapy, developed in a study led by M. Zachary Rosenthal, PhD, puts addicts in tempting situations so they can learn how to control their drug cravings.

**Electro-shock treatment makes medical comeback: Barbaric or therapeutic?**

CBS This Morning, August 28, 2013

Once seen as outdated and barbaric, electro-convulsive therapy (ECT) is currently being prescribed for 100,000 Americans a year with hard-to-treat depression. Dr. Lisanby discusses the safety and effectiveness of ECT.

**Childhood Bullying’s Lasting Impact on Employment**

Time, August 19, 2013

A team of researchers from the University of Warwick and Duke University Medical Center found that people who were bullied were two times less likely to hold down a job and also had difficulty maintaining meaningful social relationships compared to those who did not experience bullying.

**Program Compelling Outpatient Treatment for Mental Illness Is Working, Study Says**


An analysis by Duke researchers shows that Kendra’s Law in New York has had positive results for some of the most difficult and expensive patients to care for.

**Biochemical mapping helps**
understanding the neurobiological basis of drug craving and reward and developing new smoking cessation treatments. Read more here >

Research Spotlight

William E. Copeland, PhD seeks to understand how stress affects risk for mental and physical health problems across development. His most recent study, published in JAMA in February 2013, examined the psychological effects of childhood bullying. Dr. Copeland and his team of Duke researchers discovered that childhood bullying causes direct and long-lasting effects into adulthood. Read more here >

explain who will respond to antidepressants

Duke News & Communications, July 18, 2013
New research by Dr. Kaddurah-Daouk could help us better target therapies for patients suffering from depression.

Best Hospitals Rankings 2013-2014
Duke University Medical Center was ranked #1 in the state, 12th nationally, and Psychiatry was ranked as High-Performing by the US News & World Report. We are proud to offer our patients world-class mental health care!

Bullying Exerts Psychiatric Effects into Adulthood
National Institute of Mental Health Science Update, June 11, 2013
Bullies and victims alike are at risk for psychiatric problems such as anxiety, depression, substance abuse, and suicide when they become adults according to findings by Duke researchers.