

President's Letter

I would like to start this letter by recognizing the generous alumni who have given magnanimously to support the Heath Society. I am happy to report that our members have generously responded to our requests for financial support.

It is my belief that the alumni have significantly helped the overall recovery of the Tulane Department of Neurology and Psychiatry. A heartfelt "thanks" to all those who made contributions.

Donations for the year 2007 were over \$5,600. Since January 1, 2008 we received \$2760 in donations. The goal is to have contributions of \$5,000 every year for the next four years. These donations are important to the department in that they underwrite the recurring expenses for the annual fall Brain and Behavior CME program. Keep in mind we still have our usual expenses which include funding the alumni directory, financing this newsletter, supporting residents prizes and helping pay for the department's reception at the annual meeting of the American Psychiatric Association.

It does concern me that we had only 32 membership renewals since January 1st, out of an alumni group of over 700. You will find an application and/or renewal form in this newsletter. Please join us or rejoin us as an alumni or Friend of the Department and make a donation to the Heath Society's programs. Remember that new members will receive a DVD of the history of the department compiled and edited by Chet Scignar.

The forensic psychiatry meeting was held April 11-13 with the topic of Great Men, Sick Minds? We had a good turnout and the weather was beautiful. It was held during the enjoyable French Quarter Festival in New Orleans which is well-known for its delicious local food and wonderful local music. If you missed this year, plan on coming next year. It's always held in mid-April just two weeks before JazzFest.

The Department of Psychiatry and Neurology's annual residence awards will be given during the graduation ceremony this coming May or June.



Chairman's Column

"Renew, Restore, and Rebuild." This is the slogan from the Ogden Museum, but serves us all well in this post-Katrina environment. Fortunately, we now have adult beds at DePaul and at New Orleans Adolescent Hospital (NOAH), and will soon have 10-12 beds at Lakeside Hospital. These sites will greatly enhance our residency training program and add to our opportunities for medical student clerkships, while, at the same time, allowing us to grow our mental health support as we continue to try to meet the needs of the people of this great city.



These new sites have allowed us to add new faculty to our adult psychiatry section. Joseph Matta, M.D. has joined us from St. Vincent's in NYC and Renee Bruno, M.D. has come on board as a salaried part-time faculty member. Renee had been in private practice on a full-time basis in Baton Rouge, but is now helping us staff our teaching unit at SELH in Mandeville. Philipp Sack, MD, will join the SELH team on April 7, while also assisting us with our med-psych training program.

Drs. Pat O'Neill and Leslie Lawrence will staff the Tulane adult unit at NOAH along with Lisette Constantin, PhD who has rejoined our faculty on a part-time salaried basis. Mordi Potash, MD will be the primary attending at Lakeside. Additional faculty will be added in the next several months to complete the treatment teams at these various sites.

Both of our chief residents have secured prestigious fellowship slots for next year. Cindy Fields, MD will be a geriatric neuropsychiatric fellow at Johns Hopkins while Manon Mashburn, MD will be a C/L fellow at Beth Israel in NYC. While we are always proud of our graduates, these two have been through so much and have both grown so much both personally and professionally that it is especially rewarding to witness the success of their labor.

Meanwhile, our neurology section was decimated post-Katrina. Leon Weisberg's death left a tremendous vacancy. More recently Anne Foundas resigned. Jeff Nicholl has taken over as

Editor's Note

Much of the focus of our last issue was on Chet Scrignar who was a friend and mentor to many of us. Anyone who spent any time with Chet had his favorite Chet story and some of those remembrances were printed last issue. We have three more tributes to Chet written by his friends for this issue. And sadly we note the deaths of 2 other alums: Charlie Steck and Marc Khagan.



But spring time is a time of rebirth and we are seeing the regeneration of our Department. Dan has hired some new faculty and our VA affiliate is looking for a few good psychiatrists should any of you care to return to this area.

And soon we will have the birth of a separate Department of Neurology though I am sure there will be close ties between the two departments.

Looking forward, it won't be too long now when we will graduate a new class of psychiatrists and neurologists and will welcome a new class of trainees. Interest in coming to New Orleans has been strong and Dan feels he has another good class starting in July.

The Department will once again have a booth at the All-Alumni Reception at the APA's annual convention in May. Look for the Tulane banner and stop by to let us know where you are and what you are doing so we can let your colleagues know in the next issue of the *Newsletter*.

Craig W. Maumus, M.D.

New Website Link

Heath Society members can now access the Society's website at www.heathsociety.com. While we have had a presence on the web for several years now, locating it via the Department's URL was a bit complicated. Now you can have easy access to past issues of the *Newsletter* and we hope to add other features, perhaps a directory of members, in the future.

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PRESIDENT (continued from page 1)

Wally Tomlinson has agreed to become the Society's Historian, a position left open by the death last year of Chet Scrignar. Wally is a medical historian of some note and has been serving as Treasurer of the Society since its inception. We've greatly appreciated Wally's dedication to the organization. As a result of Wally's agreement to become the historian, we are now in need of a treasurer. The Heath Society board will act on recommendations to fill the treasurer's position. The basic requirement is the ability to use a computer program such as Quicken.

New Orleans and Tulane Medical Center are slowly moving in the right direction which is encouraging. We still do not

know how many psychiatrists are present in the greater New Orleans area. Ken Roy and the New Orleans Psychiatric Association are currently doing a survey to find out who's present and what they're doing.

For those interested, the February issue of *Psychiatric Annals* is devoted to the consequences of hurricane Katrina. Most of the articles are written by faculty members of Tulane and LSU departments of psychiatry. I think you'll find it quite interesting.

As we get ready to enter a new hurricane season my wishes are "that the winds remain gentle and the water

Doug Greve, M.D.

In Memoriam . . . Charles Steck, M.D. 1930-2008

As we go to press we are saddened to learn of the death of Dr. Charles Steck from complications of a recent stroke. He was 78.

Dr. Steck was born in Shamokin, Pennsylvania and attended Jefferson Medical College in Philadelphia. He served a rotating internship in the U.S. Navy and graduated from the School of Aviation Medicine in Pensacola, FL.

After his time in the Navy as a flight surgeon and medical examiner, Dr. Steck practiced internal medicine in Largo, FL before coming to New Orleans to do his residency at Tulane. He then practiced general psychiatry in uptown New Orleans for 45 years.

He was an early proponent of biofeedback and also used Zen meditation to help his patients lower their blood pressure. Though not a runner himself, he organized Charlie's Jolly Joggers, a group of patients from DePaul who regularly ran through Audubon Park to combat depression.

Dr. Steck also used hypnosis in his practice and was director of the Hypnosis Institute of New Orleans.

Despite his Yankee background, Dr. Steck was the quintessential southern gentleman in both his manners and his dress. He was always impeccably dressed in his seersucker or white linen suits despite the temperature and humidity.

We will miss his character and style.

Vice President's Column

The new dean of Tulane School of Medicine has reconstituted the Dean's Council. I have the honor of having been appointed to it, and, although I was unable to make the first meeting of the Council, Dean Ben Sachs was kind enough to meet me for breakfast at *Madelaine's* uptown last December. I am impressed with Dean Sachs' organizational skills and his energy. He shared enough of his decision process, coming to Tulane and leaving his secure and vaunted position at Harvard, that I am convinced he understands much of the culture of Tulane, our humanity and our orientation to service, as well as our commitment to academic excellence.

Dean Sachs is still recruiting for his Council of advisors and supporters. If any of you are interested in serving, contact me for more information, or talk directly to Mark McKoewn in his office at MMcKoewn@tulane.edu. We cannot have too much input from psychiatry and neurology, the brains of medicine.

I am just back from the spring Tulane Forensic Psychiatry Conference. We had a good crowd, back to pre-Katrina levels. The subject was madness and creativity, with a parade of notables such as Nietzsche, Hitler, and Edgar Allan Poe presented with new insights and

Chairman, continued from page 1

residency training program director for neurology and is doing a great job.

Recruitment efforts for staff neurologists are on-going with several solid prospects. In addition, the search for a new chair for neurology is proceeding nicely with seven or eight stellar candidates. The time table is aggressive with the hope to recruit a new chair by September of this year with a start date of January, 2009. At that time the plan is to split the department and have a new Department of Neurology here at Tulane. While I have mixed feelings about this, I do feel that it is the best decision in the long term. Independent neurology departments are present in over 90% of all US medical schools. Furthermore, a new independent chair can collaborate

challenging questions. This conference was marked by particularly lively exchange of views, and, perhaps surprisingly, provided many useful insights applicable to our everyday clinical work.



Of course, while in New Orleans, I delight in seeing our own Triple Board Resident, Rebecca Begtrup. She is nearly through the first grueling year of the program, all of which is spent in Pediatrics. So far, she remains enthusiastic, and, the way she takes to doing those procedures on babies in the NICU, makes me worry whether Psychiatry can hang on to her. I know many of us hated giving up medicine when we chose Psychiatry. In those days (the sixties), we still had to have some competence in Neurology at least. We were blessed by a faculty full of *Renaissance* mentors. Maybe things have not changed much. Tulane's commitment to the Triple Board Program is remarkable, and I wonder how such trainees will help redefine child and adolescent psychiatry.

Robert O. Begtrup, M.D.

more easily with our neuroscience faculty. Last, but not least, a new chair will garner additional resources which are desperately needed to rebuild neurology here at Tulane. We should have more information on developments in neurology in our fall newsletter.

Finally, match results have just been announced and we are happy with the number and quality of those who matched with us for their residency training. Nine Tulane students chose psychiatry and five chose neurology. Two of the Tulane students chose to stay with us here in psychiatry. All five of the students going into neurology matched with prestigious programs out of state.

Daniel K. Winstead, M.D.

Child Psychiatry Update

Tulane Child and Adolescent Psychiatry continues with many new ventures and activities. Space limitations require that I focus only on two areas of clinical and training emphasis, as well as note upcoming CME events.

We are forging an even closer relationship with our colleagues in Pediatrics than we have enjoyed previously. The Pediatric Consultation Liaison Team of Neil Boris, M.D., and Paula Zeanah, Ph.D., has been enhanced by the addition of Stacy Drury, M.D., Ph.D., who joined our faculty in January, 2008, as she completed the Child and Adolescent Psychiatry fellowship at Tulane. Dr. Drury has significantly increased our outpatient capability for seeing children and adolescents with medical illnesses, which supplements the inpatient support we have provided for years.

In addition, Dr. Boris has joined the faculty on a full-time basis after nearly 10 years of dividing his time between our department and the School of Public Health and Tropical Medicine. In addition to C/L, he will be leading a Triple Board Clinic in ambulatory pediatrics and co-directing clinical activities for the Early Childhood Supports and Services (ECSS), a statewide Infant Mental Health program sponsored by the Office of Mental Health. His Co-Director will be Mary Margaret Gleason, M.D., who is joining our full-time faculty on July 1, 2008, from the Warren Alpert Medical School at Brown University in Providence, Rhode Island. Dr. Gleason completed an Infant Psychiatry fellowship at Tulane in 2005, and since then, she has commuted back and forth to Louisiana to continue her work in ECSS. Dr. Gleason, a triple board graduate of the Brown program like Dr. Boris, also will be working in pediatric settings.

Another new faculty member, Morgan Feibelman, M.D., joined us in July 2007.

Dr. Feibelman has developed a school based mental health consultation program through the Metropolitan Human Services District, serving in school based clinics at several area schools. This has become a core rotation for fellows in child and adolescent psychiatry at Tulane.

Training opportunities at Tulane continue to grow. Two upcoming events are particularly noteworthy. Michael Scheeringa, M.D., internationally renowned as an investigator and clinician in PTSD in young children, is offering a two-day training conference, "Posttraumatic Stress in Preschool Children: Assessment and Evidence-Based Treatment," on June 27-28, 2008, at the Iberville Suites Hotel in New Orleans. This is a how-to workshop on the nuts and bolts for practical everyday clinical work.

Information may be obtained from our website www.psychneuro.tulane.edu.

In addition, Tulane University School of Medicine and the Ochsner Health Systems Child and Adolescent Psychiatry and Pediatrics Departments are offering a two day course on "Child and Adolescent Mental Health: The Role of the Primary Care Physician," on May 30-31, 2008, at the Kendall Cram Room of the Lavin-Bernick Center on Tulane's uptown campus. This will be a comprehensive overview of mental health problems in children and adolescents seen in primary care settings, including issues of screening, medication (and over-medication), management and referral.

Additional information is available from www.psychneuro.tulane.edu.

Charles H. Zeanah, M.D.

New Building for Medical School

The Murphy Oil Corporation recently donated the former Murphy Exploration Building and parking garage located at 131 South Robertson St. in downtown New Orleans to Tulane University. The university will primarily use the building to continue the expansion of its School of Medicine, including administrative and educational offices, and a planned \$5 million medical training simulation center, which will be one of the few such medical resources in the country.

Tulane offices should begin occupying the building this spring. The Murphy Exploration Building, a 15-story, 204,500-square-foot office building, was constructed in 1983 and has been significantly renovated over the years. A parking garage with capacity for 233 cars adjoins the building.

Encouraging Response to Scrignar DVD

Last fall a DVD on the history of our department was mailed to all of our known alumni, along with a request for dues and/or a gift to the Heath Society or to the Department. The response was very encouraging as a total of \$11,760 was received over the next several months. We thank each and every one of you who donated to the cause.

We have received positive feedback about the quality of the DVD which was a labor of love for our former historian, the late Chet Scrignar. If for some reason you did not receive a copy of this DVD and desire one, please write or call the Department and we will be happy to send one to you.

In Memoriam . . . Chester Bruno Scrignar

In the 1960's the department had a section known as "Social Psychiatry." The staff was generally excellent and quite skillful in treating patients to include substance abusers. One of the psychiatrists was a tall, thin and somewhat brash young man who would hone his clinical techniques to a fine edge in cognitive-behavioral and aversive therapy and then apply them to a variety of disorders. No fan of lengthy and untested treatments, he generously discussed, taught and wrote on the methods and the merits of cognitive-behavioral therapy, particularly in the area of the anxiety disorders. He was arguably the most televised psychiatrist in New Orleans given his willingness to answer questions on the topic of the moment, ie, a well known minister cruising Airline Highway, his effort and success in taking excess weight off local police officers, and other interesting or controversial issues. A few of his colleagues were not pleased.

Over the years he enjoyed fine dining with his Tulane friends, but there was a significant circle of highly valued non-Tulane Friday lunch buddies as well. All enjoyed their discussions with Chet whether they agreed with him or not. He was nothing if not "well read."

And, that brings me to another aspect of this remarkable person. While serving in the Army prior to attending medical school, he developed a serious ophthalmologic disorder that, with time,

would leave him visually impaired to the extent that he could not function as an intern, enter his chosen field, or later take his psychiatric board exams. Dr. Robert Heath solved the first problem, and Chet practiced ably without the latter. His devoted wife would be indispensable, and modern technology gave him information. Even in his later years he would walk for miles and listen to his tapes and then CD's on a plethora of subjects.

Meanwhile, he treated more than his share of patients to include personal injury cases. He became well known for his forensic work and publications. His patients had a physician with modern skills in spite of a physical impairment.

That brings me to my last point and full circle to the "Social Psychiatry" section. During one of our intermittent Friday lunches he reported that he had visited a staff member from the old SP section who had a progressive illness, was depressed and wanted to give up. His message to her that day was "never give up." Who could better offer therapy and encouragement while serving as a genuine role model for those words? While she eventually succumbed to the disease, she never gave up.

Others will offer their experience with this unique individual. But I will always remember the earnestness in his voice as he recounted his instructions to his friend and colleague: "never give up."

David H. Mielke, M.D.



Your Heath Society president and vice-president

In Memory of Chet Scrignar, M.D.

Certain recollections stand out in colorful relief from the collage of memories of my forty years of having known Chet Scrignar. He was first a provocative teacher, then a trusted colleague, a loyal friend and a fellow gourmand.

We met when he was doing a summer research project at East Louisiana State Hospital in Jackson and I was assisting him as an extern. He taught me many things including material not found in textbooks, for example the critical relationship with nursing staff in managing any clinical research. In the evenings we socialized with other Tulane staff, sometimes playing games such as "Choose five psychotropic medications you would find most essential in the emergency unit at a rock festival" or "What seven questions would you find most useful to ask a new patient to reach a diagnosis if you had no other information?"

Later, as Chet's colleague on the Tulane faculty, I came to appreciate what an able and creative administrator he was. In his management of the Narcotic Addiction Rehabilitation Act (NARA) program, he provided outpatient services for court-referred addicts from the federal system. A thirty-eight caliber bullet was found on a couch following a group session. The staff had no idea how to handle this. Was it an accident? Was it a warning? What were the legal implications? Chet chose to leave it on display on the coffee table with the comment that the owner could claim it. No one did.

When I was a crew on his sailboat he would have disagreements with his co-captain. He taught me that a ship could have two captains as long as they both agreed on the destination.

As I remember Chet I think of his excitement in learning new ideas and sharing them, his ability to challenge opinions and generate discussion, and the energy he put into savoring life.

William A. Bloom, M.D.

Family Environment Critical To IQ

Reprinted from the January 3, 2008 posting of the online publication New Wave
By Keith Brannon

The quality of caregiving a child receives within the first two years of life directly affects brain development and IQ, according to a study by a team of researchers from Tulane and other universities. The study, which followed abandoned young children in Romanian orphanages over time, found that those placed in foster care at younger ages had significantly higher IQs than those placed in foster care after the age of 2.

“Our findings suggest that there may be a sensitive period in the first two years of life in which experiences are especially important in shaping cognitive development,” said principal investigator Charles Zeanah, the Sellars-Polchow Professor of Psychiatry and chief of child and adolescent psychiatry at the Tulane School of Medicine. He said, “This work adds to a growing body of scientific evidence about the importance of early relationship experiences.”

The study tracked 136 boys and girls between the ages of six months to 30 months who had been abandoned at birth or soon thereafter and placed into

institutions in Bucharest, Romania. Researchers trained social workers and recruited Romanian families to provide foster care for half the children, who were randomly selected.

Children placed in foster care within the first 18 months of life had the greatest gains in cognitive development compared to those placed in foster care later. For example, at the age of 42 months, those placed in foster care before 18 months old had an average IQ of 94 compared with scores of 89 for similarly aged children placed in foster care starting between 18 to 24 months. The cognitive gains were less impressive for those placed in foster families between the ages of 24 to 30 months; those children had an average IQ of 80, while children placed with foster families after 30 months had an average IQ of 79.7.

A follow-up survey of the same children at 54 months of age showed IQs for the two groups placed in foster care after 24 months continued to significantly lag behind the group placed with families earlier in life.

The results of the study have implications for countries grappling with how best to care for abandoned, orphaned and abused children and reinforce policies that favor foster families over institutionalized care for very young children, says Zeanah, who is executive director of the Tulane Institute of Infant and Early Childhood Mental Health. Further, the model of foster care implemented in the study may be useful in the United States, where 500,000 children are currently in care.

The research results appeared in the Dec. 21, 2007, issue of the journal *Science*, published by the American Association for the Advancement of Science, the world’s largest general scientific organization. The study was conducted in collaboration with Charles Nelson at Harvard University, Nathan Fox at the University of Maryland, Peter Marshall at Temple University and Anna Smyke, assistant professor in child psychiatry at Tulane.



Glen Ruffin, Ed Foulks and Don Schexnayder at December party

Come See Us at the Convention

Your Department will have a booth at the annual APA convention with a Tulane University banner display at the All-Alumni reception which will be held on Tuesday, May 6th, 6:00 pm-7:30 pm, in the pre-function area of the D.C. Convention Center on the 3rd floor. Do stop by and tell us “hello.”

A Tribute to Dr. C. B. Scrignar

Dr. C. B. (“Chet”) Scrignar died, at age 72, on May 24, 2007. The cause was liver cancer. His death leaves a void in the lives of all those who knew him.

I met Chet in the early 1960’s when he was at the East Louisiana State Hospital in Jackson, the first year of his residency in the Tulane University Department of Psychiatry and Neurology. At the time I was assigned to the forensic unit as part of the program in psychiatry that Dr. Robert Heath, chairman of the Department, had developed for me. I was at the time a law professor at the Tulane Law School.

Chet and his colleague Dr. Dan Sprehe were dedicated in their care of patients. In their first year as residents in psychiatry, they carried out studies of the response to stimuli by patients diagnosed as schizophrenic.

A few years later, for personal reasons, I left New Orleans, my hometown, though I was a tenured member of the Tulane law faculty, for a joint appointment at the Menninger Foundation and the University of Kansas Law School. During the subsequent years I would always meet with Chet and Mary, his wife, on my frequent trips to New Orleans. We corresponded and spoke regularly. Chet developed a keen interest in forensic psychiatry. I learned from him. From time to time he would provide me with some tapes of interviews he carried out as a forensic examiner.

Chet was not only a clinical professor of psychiatry and neurology but also an adjunct professor of law and psychiatry at the Tulane University School of Law; adjunct professor of the Tulane School of Social Work; and adjunct professor at Xavier University. Chet loved teaching and he was proficient in it. When he visited me at the Menninger Foundation, he presented lectures and case presentations. He received from the American Psychiatric Association the Nancy C.A. Roeske Certificate of Recognition for Excellence in Medical School Education and was also presented the Milton H. Ericson Award for scientific excellence for writing in hypnosis.

In the course of his practice, he became disillusioned with psychoanalysis, though he held his analyst, Dr. Harold Lief, and Dr. Heath in highest regard. For a brief period he studied in Philadelphia with Dr. Joseph Wolpe who was famous in behavior therapy. Soon Chet was recognized throughout the country as a pioneer in behavior therapy and post-traumatic stress disorder.

Notwithstanding very poor eyesight (he was legally blind), Chet published more scholarly books and articles than many full-time faculty. He was the author of outstanding and oft-cited books—*Stress Strategies: The Treatment of the Anxiety Disorder*; *Post-Traumatic Stress Disorder: Diagnosis, Treatment, and Legal Issues* (three editions); and *From Panic to Peace of Mind: Overcoming Panic and Agoraphobia*. He was also the author of over 50 articles in scientific journals and newsletters. He dedicated his PTSD book to his wife, Mary Angell, “celestial not only in name.” He honored me by the invitation to write the foreword and he presented me with the first copy off the press.

In various parts of the country, Chet presented conferences on PTSD and panic disorder for clinicians and members of the legal profession. He served as an expert witness nationally and internationally in many civil and criminal cases. Unlike many psychiatrists, he enjoyed working with attorneys.

Chet was a member of the American Medical Association, Louisiana State Medical Society, Orleans Parish Medical Society, Louisiana Medical and Psychiatric Association, American College of Forensic Psychiatry, New Orleans Society of Clinical Hypnosis, and the Behavior Therapy Society.

Chet was appointed director of the Louisiana Narcotics Rehabilitation Program by Gov. John McKiethen; Chairman of the New Orleans Action Task Force on Juvenile Delinquency Prevention by appointment of Mayor Moon Landrieu; Life Fellow of the American Psychiatric Association; Chairman of the Subcommittee on Dangerous Drugs of the Louisiana Commission on Law

Enforcement and Administration of Criminal Justice; Chairman of the Advisory Committee of the Orleans Parish Juvenile Court; and a consultant to the New Orleans Police Department. In 1988, he received from the State of Louisiana, the Governor’s Award in acknowledgement of his “contribution to the understanding of psychological trauma and physical injury.”

Chet was foremost in his support of the Tulane Department of Psychiatry and Neurology. He would regularly post me on the activities of the members of the Department. He recently worked on an oral history of the Department, recording a series of video interviews with past and current members of the faculty. And he established a special internship in his name in the field of forensic psychiatry at Tulane. I was honored to present the first two of the annual lectures.

Notwithstanding his physical handicaps—poor eyesight and a kidney transplant—he lived life with gusto. It was a joy and pleasure to be with him. He was down-to-earth.

He enjoyed jogging, fishing, and riding a float in a Mardi Gras parade. He even managed sailing in the often treacherous waters of Lake Pontchartrain. He indeed was incredible.

At the Jewish Community Center, Chet would exercise and chat with Rabbi Bergman of Temple Sinai about local and world affairs. With death imminent, he asked Rabbi Bergman to conduct his memorial service. Rabbi Bergman was honored but wondered why Chet, not being Jewish, would want him to conduct the service. With a stout heart, Chet smiled and said, “It will confuse the audience.”

I will always remember Chet. I will always be grateful for his friendship and will always admire his gifts of hope and courage. I will never forget.

*Prof. Ralph Slovenko
Professor of Law and Psychiatry
Wayne State University*

School Based Mental Health Interventions

One of the most dramatic transformations in post-Katrina New Orleans is the school system. Widely believed to be chronically corrupt, ineffective and under-resourced, public schools in New Orleans struggled for decades. Then, in August of 2005, the system was literally washed away. What is emerging from that event is one of the most remarkable experiments in public education that has occurred in the United States. In the fall of 2007, there were 42 Charter Schools operating in New Orleans, or 64% of the public schools. This is an unprecedented experiment in education.

Langston Hughes Academy Charter School is a new charter school created by John Alford, who has opened more than 30 charter schools in other sites prior to moving to New Orleans in 2006. Like many of the exceptionally bright and idealistic educators who have come to town, he was drawn by his own commitment and by the opportunities of our great experiment in education post-Katrina. Langston Hughes, in its first year, serves approximately 120 4th and 5th graders. The school will expand to enroll K-6th grades during the 2008-2009 academic year. Langston Hughes is run by NOLA 180, whose mission is to "transform failed public schools into high performing schools that prepare all students for college and the competitive world beyond." The motto of the school is "Dream it. Do It. Be it." John and his staff encourage students to dream big and back their desires with action and work ethic.

At Langston Hughes, which has open enrollment, 80% of the students entered performing at least two grade levels behind. Students reside all over Orleans Parish, and the majority were displaced by Hurricane Katrina. Many of the students struggle with behavioral and/or emotional difficulties complicating the educational challenge. Devi Miron, Ph.D., Assistant Professor of Psychiatry recently began providing psychological services at the school. These services include psychological and psychoeducational evaluations, individual and family therapy, teacher

consultation, parent education on special topics pertaining to child development and behavior, and assisting with implementing an evidenced based student and learning supports model to address student needs.

In addition to new charter schools that have appeared, many former schools have reopened and reorganized. Morgan Feibelman, M.D., Assistant Professor of Psychiatry, has been working in 5 different school based health clinics, including McDonogh 35, an Orleans Parish School Board school (City of New Orleans Health Department Clinic), O. Perry Walker, an Algiers Charter School (MCLNO Clinic), McMain High School, and the Science and Math High School (LSU Pediatric Clinics), and Chalmette High School, a St. Bernard Parish School Board School (Methodist Foundation Clinic). Each of these sites has a student population of about 1000, except for Chalmette, which has a population of about 1700.

Each of the 4 sites are staffed by a full-time social worker who screens all students who come through the clinic on their first clinic visit, using the Guidelines for Adolescent Preventive Services (GAPS) questionnaire. As students are identified as needing services, they are treated by the social worker or referred to the psychiatrist or substance abuse

counselor. Adolescents are also referred for psychiatric services by clinic staff, school staff, parents, or the adolescents themselves. Child fellows, general psychiatry residents and medical students rotate through the school based clinics. Although the clinics are mostly pediatric, psychiatric services have been integrated into the clinics.

Dr. Feibelman and the Child Psychiatry fellows rotating with him work with clinic and school personnel on general mental health issues affecting students. For example, at the Science and Math School, Dr. Feibelman has an ongoing discussion series with teachers and administrators on understanding and handling psychiatric problems in the school setting. Discussions include behavioral disorders, their typical classroom manifestations, and ways that the curriculum can accommodate the special needs of these students.

In sum, Tulane faculty and trainees are well positioned to contribute in a vital way to the educational rebuilding of New Orleans.

Charles H. Zeanah, M.D.



Speakers for the December Brain & Behavior conference: David Corey, Anne Fondas and Edward Golob.

Mental Health Fair New Orleans Style

By Janet Johnson, M.D.

Editor's Note: At its recent meeting during the Forensic Psychiatry meeting, your Society's board voted to provide seed money to this unique outreach program.

Hurricanes Katrina and Rita caused the largest disaster in U.S. history, scattering more than 750,000 Gulf Coast residents around the country, killing at least 1,800 people, destroying an estimated 275,000 homes, and causing more than \$100 billion in economic and physical losses. The emotional and psychic losses are enormous and inestimable and more than two and one-half years later, on-going. Recovery is still facing tremendous and serious challenges, particularly in New Orleans, where psychiatric problems are increasing and the mental health system continues to struggle to recover.

I was the faculty sponsor for three medical students who received a grant from the American Psychiatric Foundation to provide free screening and referral services to the citizens of New Orleans post-Katrina to identify those suffering from illness and showing them where and how to receive treatment. A second but equally important goal was to establish an educational program teaching how to recognize psychiatric illness and how to get help.

The money from the Helping Hand grant program was used to provide free psychiatric screenings and educational programs at several venues, including St. Anna's Episcopal Church, Israelite Baptist Church, Covenant House Clinic, among others. The project's target population was those living in New Orleans who could not afford such services—unfortunately a large group even in pre-Katrina New Orleans.

A collaborative program I am currently involved with is New Orleans Drum program, which preserves New Orleans' indigenous music through traditional drumming and Mardi Gras Indian customs. It simultaneously provides youth and adults with a creative and therapeutic outlet to deal with their post-Katrina emotions, to heal, and to develop a sense of community and community support.

The therapeutic effects and medical benefits of drumming have been repeatedly documented by numerous well controlled studies. Drumming has been demonstrated to induce relaxation, lower blood pressure and reduce stress. It has been shown to boost the immune system, increase the number of cancer-killing cells, and to accelerate physical healing. It has been proved useful in controlling chronic pain and improving quality of life. Finally drumming has been shown to help induce deeper self-awareness, better self-esteem and to lessen feelings of depression.

Through-out these fairs we have learned some crucial lessons. Advertisement of the event is essential, through both print and radio. Secondly, we have found that people are more likely to come to the health fair if some sort of entertainment is also offered.

Thus, the inclusion of the drum circle with the health fair is two-fold:

It is first and foremost, a therapeutic activity in and of itself, serving to reduce stress, elevate mood and promote community cohesiveness.

It is a draw to the health fair; making it more likely that people will come out to the event and get screened. New Orleans Drum has already had a series of successful drum circles, is well-known in



the city and has an established reputation for being a fun and therapeutic drum circle.

Students and residents have benefited greatly from providing screenings and education to the community and this is not only of great educational value, but of tremendous community service.

We would like to continue to offer periodic health fairs as described above, accompanied by therapeutic drum circles. Medical students and psychiatric residents will continue to serve as volunteers and I will continue to serve as the faculty sponsor.

The type of screenings will not change in scope or nature. Those individuals found to have elevated or abnormal screenings will be provided with referral sources where they can obtain treatment.

Education on psychiatric illnesses, stress reduction and general education on healthy living will be provided at each fair.

We appreciate the financial support of the Robert Heath Society in helping us continue this program for the next six months.



Pat Dowling and his wife, Betsy, Ed Foulks, Priscilla Maumus, and Patrick O'Neill are photographed at the Department's Holiday Party



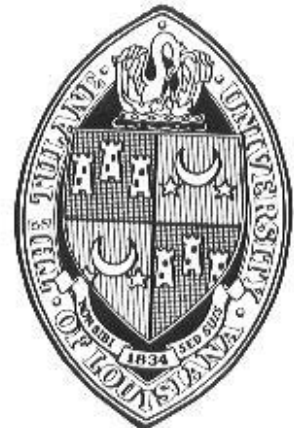
Marilyn Skinner and Rebecca Begtrup. Rebecca is a triple board resident in the Department and is the daughter of our society's VP, Bob Begtrup.

Record Undergraduate Applications

Tulane is enjoying a record number of undergraduate applications for its 2008 fall semester. Inundated with submissions from nearly 34,000 applicants, the Office of Undergraduate Admission stopped accepting applications at the Jan. 15 deadline, said Earl Retif, vice president for enrollment management and registrar.

The university is sending out 8,000 letters of acceptance. Retif expects to easily hit the targeted enrollment number of 1,400 first-year students for the fall, although that figure could reach into the 1,600s, which is what previous record levels were before the storm. Beyond that, indicators suggest that the average SAT score for incoming students could be as much as 30 points higher than last year.

Interestingly, the previous undergraduate applications record at Tulane was set in 2006, the first year after Katrina, when 20,000 applicants responded. That applicant pool yielded an enrollment of only 1,000, a 53 percent falloff from the previous year. "That was a different story," said Retif. "In 2006 some students applied on a whim, more to express their solidarity with us than as an actual indication that they might be coming."



2006-2007 Awards

We would like to acknowledge the following faculty and trainees who have been recognized for their scholarly work in teaching, research, and writing. (These individuals were erroneously omitted from the Fall, 2007 issue.)

NAME	AWARD	ASSOCIATION
FACULTY		
Charles H. Zeanah, Jr, MD	2006 Irving Phillips Award for Prevention Council Member Member, Executive Board Member, Governing Body, Early Childhood Supports and Services Vice-President of Board Co-Chair of Grants Committee Board Member Member, Editorial Board	American Academy of Child and Adolescent Psychiatry (AACAP) AACAP LA Infant Mental Health Association LA Office of Mental Health Institute of Mental Hygiene Chartwell Center Journal of Developmental and Behavioral Pediatrics American Psychiatric Association Harris Foundation John D. and Catherine T. MacArthur Foundation
RESIDENTS		
Troy Beaucoudray, MD	Neurology Resident Scholar Program in Epilepsy	
Brian Copeland, MD	2006 TRIPS Award	Veterans Administration
Maria Cruz-Lartigaut, MD	Trufant Award for resident contributing most to neurology residency training pgm. 1st Leon A Weisberg Award for resident contributing the most to medical student education	Dept of Psychiatry and Neurology, Tulane Univ School of Medicine Dept of Psychiatry and Neurology, Tulane Univ School of Medicine
Stacy Drury, MD, PhD	NIH Pediatric Loan Repayment Award Eli Lilly Research Award Educational Outreach Travel Grant	National Institutes of Health American Academy of Child and Adolescent Psychiatry (AACAP) AACAP
Morgan Feibelman, MD	Resident Committee Member	American Academy of Child & Adolescent Psychiatry, Schools Committee
Ira E. Gaddy, MD	Owl Club 3rd & 4th year for Psychiatry resident	Tulane University School of Medicine
David Gloss, MD	Travel Award to American Academy of Neurology to present abstract National Resident Scholars Program Award	Robert Heath Society UCB Pharma
Kimberly Gordon, MD	Honorary Psychoanalytic Fellowship	New Orleans-Birmingham Psychoanalytic Institute
Jamie Huddleston, MD	Owl Club Award for 3rd & 4th year in Neurology resident Travel Award to Multiple Sclerosis Update Conference in Ft. Lauderdale, FL	Tulane University School of Medicine The Bayer Company
James Lee, MD	Chester Pierce Award	Historic Black Colleges and Universities (HBCU), Dallas, TX Robert Heath Society
J. Brad McConville, MD	Gonzalez Award, 2nd Place Gonzalez Award, 1st Place	Robert Heath Society Robert Heath Society

2006-2007 Awards (continued)

Drew Morson, MD	2007 Lancaster Award for Most Caring Psychiatry Resident	Dept of Psychiatry & Neurology, Tulane Univ School of Medicine
	Travel Award to Advances in the Diagnosis, Biology, & Treatment of the Major Psychiatric Disorders	Emory University
Khoa Tran, MD	Travel Award	Emory University, Residents' Symposium
Angela Traylor, MD	NRSA Grant Award	American Psychiatric Institute of Research and Education (APIRE) Program for Minority Research Training in Psychiatry (PMRTP)
Matthew Vibbert, MD	Travel Award to Multiple Sclerosis Update Conference in Ft. Lauderdale, FL	The Bayer Company

The Robert Heath Society Department of Psychiatry and Neurology

Name	(LAST)	(FIRST)	(MIDDLE)
Address			
City	State	Zip	
()	()		
Phone (Home and/or Office)	Fax	Email address	

Please take a moment to provide us with an update on your current activities for the next Alumni Newsletter:

Membership Dues:	\$35.00	
I would like to pledge to:	\$	Department of Psychiatry and Neurology
	%	Robert Heath Endowed Account
	\$	Remi Gonzales Professorship Account
Enclosed herewith:	\$	

All gifts are tax deductible as provided by law. Please make checks payable to the Robert Heath Society and mail to: Daniel K. Winstead, MD, Department of Psychiatry and Neurology TB48, Tulane University School of Medicine, 1440 Canal St., New Orleans, LA 70112. Regarding gifts of securities or other property, please contact the Chairman's Office at (504) 588-5246.

Alum News

Richard Astafan has been working full-time at the Colorado Mental Health Institute in Pueblo since 2002. There he does inpatient civil treatment and forensic evaluations. He spends 3 months of the year traveling South America and enjoys hiking, skiing, fishing and hunting.

Bill Bloom has retired from practice for health reasons.

George Davis has also retired as clinical director of the Mississippi State Hospital as of this past December. He reports enjoying his retirement at his home on the 17th fairway of Lakewood Golf Club at the Grand Hotel in Point Clear, AL.

Louis Escalada has been enjoying his retirement with a few months of locums work in Nebraska. Sadly, though, he lost his wife, Chris Christman, in December. Chris was a well known clinical social worker in the New Orleans area for over thirty years and was respected and well loved by many of us in the local mental health field.

Dabney Ewin was honored at the 58th Annual Meeting of the Society for Clinical and Experimental Hypnosis in Anaheim, CA with a proclamation that he has been designated “an official Living Human Treasure in Hypnosis for his contributions both material and spiritual to teaching, to knowledge and understanding, to the enhancement of the well-being of others and the proliferation of the culture of hypnosis.”

Dick Johnson has a practice of “psychiatry for people who speak English, in Zapopan, Mexico. He has written us an article about his experience in getting his license to practice in Mexico that we hope to print in an upcoming issue of the Newsletter as space permits.

We were notified of the death of **Marc Paul Kahgan** on December 6th. He was a graduate of M.I.T and Tulane Medical School as well as our psychiatry residency program. He had practiced in New



Jeff Nicholl and Dan Winstead

Orleans prior to Katrina but had moved after the storm to Syracuse, NY.

Kevin Kalikow is currently practicing child and adolescent psychiatry in Mt. Kisco, NY. He recently published a book entitled *Your Child in the Balance: An Insider's Guide for Parents to the Psychiatric Medicine Dilemma* to help parents decide whether their child should take psychiatric medication.

Bob Kirkcaldy is moving from the DC area to Atlanta. He is finishing up his MPH program at Hopkins this May and will be joining the CDC in July as part of the Epidemic Intelligence Service program, a two year mentored program that trains MDs and PhDs in epidemiological research while doing high level public health work, outbreak investigations and disease surveillance. “It’s a great way to move from clinical medicine into international public health.” Bob reports his daughter is now 2 and a half years old and his wife will be able to work remotely from Atlanta on the same project she has been working on in DC.

Joe Marnell sent us his membership renewal with the note that he continues in private practice in Bethesda, MD.

Josh Mathew is working at Oakland, a community mental health center with 5 child and 3 other adult psychiatrists in Goshen, IN. There he splits his time between in-patient and out-patient work while supervising a group home for the severe/chronically mentally ill. He and his wife now have three kids, the latest addition being a son who was born this past summer.

Ochsner Health System held its 12th annual **Gene Usdin** Distinguished Visiting Lectureship in Psychiatry this past February. Dr. Robert J. Ursano spoke on “Beyond PTSD: Understanding Traumatic Responses in Individuals and Communities.”

Oscar Valdes has recently put out his second CD entitled *California Sol*. The lyrics for the 12 songs in the album were all written by Dr Valdes and are performed by him, some in English and some in Spanish. One is a post-Katrina ballad entitled *New Orleans, New Or-*

Spring, 2008

**The Robert Heath Society
Alumni Association for
Tulane Psychiatry & Neurology
P. O. Box 1338
Metairie, LA 70001**