

Yale Symposium

Friday, April 24, 2015



New Data & New Hopes Call for New Practices in Clinical Psychiatry

Yale University
Sheffield-Sterling-Strathcona Hall Auditorium
1 Prospect Street, New Haven, CT

Sponsored by
Yale Program for Recovery and Community Health
Foundation for Excellence in Mental Health Care
Connecticut Department of Mental Health & Addiction Services

DISCLOSURES

Dr. Davidson, Dr. Harding and Dr. Healy are board members of the Foundation for Excellence in Mental Health Care.

Dr. Harrow, Dr. Olson and Dr. Gordon are grantees of the Foundation for Excellence in Mental Health Care.

All other presenters and planners associated with this Symposium have indicated they have no financial arrangements or affiliations with any commercial entities whose products, research or services may be discussed as part of this event.

SYNOPSIS

The symposium will review new data generated over the last decade related to the treatment, course, and outcome of serious mental illnesses and discuss the implications of these data for changing clinical practice in psychiatry.

SCHEDULE

Friday, April 24th

- 8:30-9:00 Registration check-in & Coffee
- 9:00-9:30 **Welcome, introductions and brief overview of the challenges presented by recent research**, *Michael Sernyak, MD, Connecticut Mental Health Center and Yale University; Commissioner Patricia Rehmer, MSN, Connecticut Department of Mental Health & Addiction Services; Gina Nikkel, PhD & Fran Silvestri, MBA, Foundation for Excellence in Mental Health Care*
- 9:30-10:15 **Role of antipsychotic medications in the long-term treatment of psychosis, Part I**, *Martin Harrow, PhD, University of Illinois, Chicago Medical School*
- 10:15-11:00 **Role of antipsychotic medications in the long-term treatment of psychosis, Part II**, *Lex Wunderink, MD, PhD, University of Groningen, Department of Psychiatry, Netherlands*
- 11:00-11:15 Break
- 11:15-12:00 **What the antidepressant story tells us about recovery**, *David Healy, MD FRC Psyc, University of Wales College of Medicine, Bangor, United Kingdom*
- 12:00-12:30 Panel discussions with presenters and audience
- 12:30-1:30 Lunch - on your own

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- 1:30-2:00 **Commentary and what I have learned from my own life experiences about what promotes recovery**, *Keris Myrick, MBA, PhD, Director of Consumer Affairs, SAMHSA*
- 2:00-2:30 **Lessons we have learned from longitudinal research about what promotes recovery from psychosis**, *Courtenay Harding, PhD, Columbia and Boston Universities (retired)*
- 2:30-3:00 **Preventing long-term disability in psychosis: lessons from early intervention programs**, *Vinod Srihari, MD, Yale University*
- 3:00-3:15 **Break**
- 3:15-4:15 **Open Dialogue: lessons from the Finnish experience**, *Mary Olson, PhD, University of Massachusetts Medical School and Smith College; Christopher Gordon, MD, Harvard Medical School, Massachusetts General Hospital, and University of Massachusetts School of Medicine*
- 4:15-4:45 **The role of psychosocial interventions in promoting recovery**, *Larry Davidson, PhD, Yale University*
- 4:45-5:15 **Panel discussions with presenters and audience**

Adjourn Symposium

Speakers & Panel Members



Larry Davidson, PhD

Larry Davidson, PhD is a Professor of Psychology and Director of the Program for Recovery and Community Health at the School of Medicine and Institution for Social and Policy Studies at Yale University. His research has focused on processes of recovery in serious mental illnesses and addictions, the development and evaluation of innovative recovery-oriented practices, including

peer-delivered supports, and designing and evaluating policies to promote the transformation of behavioral health systems to the provision of recovery-oriented, person-centered, and culturally-responsive care. In addition to being a recipient of psychiatric care, Dr. Davidson has produced over 300 publications, including *A Practical Guide to Recovery-Oriented Practice: Tools for Transforming Mental Health Care* and *The Roots of the Recovery Movement in Psychiatry: Lessons Learned*. His work has been influential internationally in shaping the recovery agenda and in operationalizing its implications for transforming behavioral health practice.



Christopher Gordon, MD

Christopher Gordon, MD is Medical Director and Senior Vice President for Clinical Services of Advocates, Inc., a full-service, not-for-profit provider of residential, outpatient and emergency crisis intervention services for people with psychiatric and developmental disabilities, and other life challenges, headquartered in Framingham, Massachusetts. Dr. Gordon is also Associate Professor of Psychiatry, Part-time at Harvard Medical School, and Assistant Psychiatrist at

Massachusetts General Hospital, where he teaches principles of collaborative formulation, about which he has published and lectured extensively. Dr. Gordon is also Adjunct Associate Clinical Professor of Psychiatry at the University of Massachusetts School of Medicine. In 2011–2013, Dr. Gordon completed two years of study in Open Dialogue at the Institute for Dialogic Practice, in Haydenville, Massachusetts, with Dr. Mary Olson. With support from the Foundation for Excellence in Mental Health Care, he and colleagues at Advocates, Inc. have developed a team following Open Dialogue principles which serves both young people at the start of their psychiatric experience as well as people with longstanding mental health conditions. He has presented his work on Open Dialogue in various venues in the US, as well as internationally.



Courtenay M. Harding, PhD

Courtenay M. Harding, PhD was trained at the University of Vermont and Yale as a research and clinical psychologist. She spent more than 30 years as a professor of psychiatry focused on people with schizophrenia before retiring in 2012. Among her research endeavors, Professor Harding was a lead investigator in two three-decade NIMH studies of schizophrenia and other serious illnesses and found that many once profoundly disabled persons

could and did significantly improve or even fully recover. She received 52 federal, state, and foundation grants and contracts for schizophrenia research and studies of mental health services. She has been the recipient of over 46 awards and honors including the Alexander Galnick Research Investigator Award from the American Psychological Association's foundation for "exceptional contributions to the study of schizophrenia and other serious mental illness and for mentoring a new generation of researchers." Dr. Harding has published extensively about schizophrenia, rehabilitation, and recovery and has presented findings from her studies and clinical work in meetings across the United States and abroad. She has worked with 30 states, Canada, Australia, New Zealand, 11 European, and 9 Asian countries including China to redesign their systems of care to promote recovery.



Martin Harrow, PhD

Martin Harrow, PhD is a psychologist and widely-cited expert on schizophrenia and bipolar disorders. He has published over 250 scientific papers and four books on these and related areas. As Director of the Chicago Followup Study, he has received several national awards for his research on thought disorder, psychosis, long-term adjustment, suicide, and recovery in schizophrenia. Recently his research has focused on longitudinal studies of the long-term effects of antipsychotic medications. He has been on the

faculty at Yale University and the University of Chicago, and in 1990, moved to the Medical College of the University of Illinois as Professor and Director of Psychology in the Department of Psychiatry. He is now Distinguished Professor Emeritus.



David Healy, MD, FRCPsych

David Healy, MD, FRCPsych is a professor of Psychiatry at Bangor University in Wales and a former secretary of the British Psychopharmacology Association. He is considered one of the premier scholars of the psychopharmacology era and has written more about "medication optimization" than any other psychiatrist in the world. Healy is the founder of RxISK.org, a data-gathering and sharing website that integrates research data with clinical expertise

and the reports of those with lived experience.



Keris Jän Myrick, MBA, MS, PhDc

Keris Jän Myrick, MBA, MS, PhDc is Director of the Office of Consumer Affairs at the Center for Mental Health Services, SAMHSA. She is a national mental health leader and former nonprofit executive, known for her innovative and inclusive approach to mental health reform and the public disclosure of her personal story of lived experience with serious mental illness. Keris is past President and CEO of Project Return Peer Support Network, a Los Angeles-based, peer-run nonprofit and past President of the National Alliance on

Mental Illness (NAMI) and advisor to the American Psychiatric Association (APA) Office of Minority and National Affairs (OMNA) providing assistance with the psychiatry component of the SAMHSA/CMHS Recovery to Practice project.



Mary Olson, PhD

Mary Olson, PhD is an Assistant Professor in Psychiatry at the University of Massachusetts Medical School and Associate Adjunct Professor at the Smith College School of Social Work. She is the US expert on Open Dialogue, a network-based approach to severe psychiatric crises developed and evaluated at Keropudas Hospital in Tornio, Finland. Since 2001, she has collaborated with Jaakko Seikkula, PhD, one of the main developers of Open Dialogue, on developing training and research programs that will help bring this approach to the US. She is Co-Principal Investigator (Douglas Ziedonis, MD: PI) of the Open Dialogue adaptation study at UMMS. Her other research and scholarship examine dialogical transformation in psychotherapy, the effects of managed care on relational therapies, anorexia as communication, and the use of writing in therapy. Mary was a Senior Fulbright Scholar (2001-2002) to Finland in the Department of Psychology at the University of Jyvaskyla. From 1990-1995, she was Director of the Clinical Externship in Systemic Family Therapy at Berkshire Medical Center during the chairmanship of Carlos Sluzki, MD, one of the founders of the family therapy field.



Vinod Srihari, MD

Dr. Srihari's clinical and research interests are focused on the evaluation and treatment of individuals with psychotic disorders. He directs a clinic that provides a specialized model of care to individuals who are early in the course of a psychotic disorder. The clinic for Specialized Treatment Early in Psychosis (STEP) is based at the Connecticut Mental Health Center where Dr. Srihari is a staff psychiatrist. Dr. Srihari's teaching efforts at Yale are focused on the use of the Evidence-Based Medicine (EBM) approach as a tool for making clinical decisions and keeping up with the scientific literature.



Lex Wunderink, MD, PhD

Lex Wunderink, MD, PhD, is head of the Department of Education and Research at Friesland Mental Health Services and a lead researcher at Groningen University Medical Center, Groningen, The Netherlands. Dr. Wunderink has numerous papers published in peer-reviewed journals in Europe and the U.S.