1. **Journal Article Title**: Diagnosis and Use of Psychotherapy Among Children and Adolescents Prescribed Antipsychotics: Article publication, in press. *Journal of Psychiatric Practice*, to be published September, 2018

This study examined the diagnoses, demographics, and prevalence of psychotherapy use among children and adolescents who were prescribed antipsychotics in Pine Rest’s network of outpatient clinics. The results showed that half of the patients who were prescribed antipsychotics did not attend psychotherapy. Female patients, those with mood disorders, and those without private insurance were more likely to use psychotherapy than their peers.

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2. **Poster Title**: Diagnosis and Use of Psychotherapy Among Children and Adolescents Prescribed Antipsychotics

This study examined the diagnoses, demographics, and prevalence of psychotherapy use among children and adolescents who were prescribed antipsychotics in Pine Rest’s network of outpatient clinics. The results showed that half of the patients who were prescribed antipsychotics did not attend psychotherapy. Female patients, those with mood disorders, and those without private insurance were more likely to use psychotherapy than their peers.

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3. **Poster Title**: Improvement in Anxiety as a Predictor for Depression Response in Patients Undergoing ECT

This study looked at 35 patients with depressive disorders who received Electroconvulsive Therapy (ECT). A change in anxiety symptoms correlated with, and may predict, response in depressive symptoms in patients receiving ECT.

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4. **Poster Title:** Depression, Suicidality, Substance Use, and Abuse History Among LGBTQ Adolescents Who Are Psychiatrically Hospitalized

*2018 Michigan Psychiatric Society 2nd Place Winner – Poster, Research Category*

*Lesbian, gay, bisexual, transgender, and/or questioning (LGBTQ) youth have higher rates of suicide. This study compared psychiatrically hospitalized adolescents identified as LGBTQ with the general population and found higher rates of depression, suicidality, and abuse history than their peers.*

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5. **Poster Title:** Nothing to ‘Smile’ About: 25I-NBOMe Induced Psychosis in a Teenager

*2018 Michigan Psychiatric Society 3rd Place Winner – Poster, Clinical Category*

*This case of a 19-year old female admitted to an inpatient psychiatric facility illustrates the severe psychotic symptoms that can result from the recreational use of a potent hallucinogenic “designer” drug, 25I-NBOMe - commonly referred to as “N-bomb” or “Smiles.” The report discusses the medical and psychiatric implications of its use, providing valuable information for clinicians as they deal with this substance firsthand.*

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6. **Poster Title:** Response Rates in Patients with Symptoms of Depression to Transcranial Magnetic Stimulation (TMS) at the Pine Rest TMS Clinic

*Rapid transcranial magnetic stimulation (rTMS) may be an option with those suffering from Major Depressive Disorder who have not seen improvement through other therapies. This study compares the response and remission rates of the Pine Rest TMS Clinic to the current literature, with data indicating the safety and effectiveness of Pine Rest TMS treatment.*

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7. **Poster Title:** Examining the Role of Serum Copper and Zinc Disturbances in the Pathophysiology of Peripartum Mood Disorders: A Literature Review

This project summarizes the research related to peripartum mood and anxiety disorders (PMAD), specifically related to the potential effects of copper and zinc level disturbances in the disease process. This is an area receiving increasing attention, with current findings indicating a strong correlation between an elevation of the serum copper to zinc ratio with the incidence of PMAD.

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8. **Poster Title:** Culture, Ethics, and Physician Assisted Suicide in a Critically Ill Psychiatric Patient

This case considers the role of physician-assisted suicide (PAS) in treating psychiatric illness, for which international perspectives vary widely. The family of a Michigan patient with psychiatric history wished to withhold further treatment and assist with dignity the patient’s perceived desire to die. The hospital pursued emergency public guardianship for the patient and began treatment. Without universal guidelines for PAS, US hospitals likely will continue to exhaust all measures to protect patients’ right to live.

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9. **Poster Title:** Demographics, Prescribed Pharmacotherapy and Co-morbidities of Disruptive Mood Dysregulation Disorder in Child and Adolescent Psychiatric Outpatients

This study identifies the demographics (gender), medication therapy, and co-morbidities of children and adolescents diagnosed with Disruptive Mood Dysregulation Disorder in a Pine Rest outpatient setting.

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10. **Case Review Title:** Investigating the Combination of Kratom, Dextromethorphan, and Venlafaxine and Its Role in the Development and Maintenance of Psychosis in a Young Adult Male

*Dextromethorphan and kratom have been associated with the development of psychosis, and the recreational use of each has been increasing within the US. This review looks at a case involving a 20-year-old male patient presenting with delusional thoughts and hallucinations who had ingested kratom and dextromethorphan while being treated with venlafaxine.*

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11. **Poster Title:** SSRI Treatment in a Patient with OCD and Von Willebrand Disease

*Along with cognitive behavioral therapy (CBT), selective serotonin reuptake inhibitors (SSRIs) are the first line treatment for obsessive compulsive disorder (OCD). Usage guidelines for treating OCD patients with bleeding disorders are lacking. This review shows that an SSRI can be selected using the Psychoactive Drug Screening Program to minimize bleeding risk.*

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12. **Poster Title:** Kratom: An Emerging Concern with a Long History

*Kratom is a preparation of Mitragyna speciosa Korth, a plant indigenous to Southeast Asia, which has long been used as a medicinal herb to treat a variety of illnesses including chronic pain, opioid withdrawal, and diarrhea. Kratom, with a stimulant-like effect at low doses and a sedative-narcotic effect at high doses, is becoming increasingly available in Western countries and abuse is increasing in prevalence. Case studies highlight a plausible association between Kratom use and the development of mood instability or psychosis in mentally ill persons, although more studies are needed.*

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13. **Published Case Report Title:** Adverse Reaction with Suvorexant for Insomnia: Acute Worsening of Depression with Emergence of Suicidal Thoughts

*A 59-year-old woman received psychiatric care at an outpatient clinic for major depressive disorder, generalized anxiety disorder, and insomnia disorder. Mood and anxiety symptoms were improved through medication management. Treatment with Suvorexant for persistent insomnia worsened depression symptoms including an onset of suicidal thoughts.*
14. **Poster Title:** Cycloid Psychosis

*What happens when a mental health clinician is presented with a patient who does not fit neatly into a DSM-5 classification, which should provide criteria for diagnosing individual psychiatric disorders? Cycloid Psychosis is a non-DSM-5 diagnosis with a limited body of research. The case describes rapid onset psychosis coupled with severe panic-anxiety in a middle-aged woman with no prior history of psychiatric illness.*

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15. **Poster Title:** Sudden Cardiac Death, MYBPC3 and Amphetamines

*Stimulant medications are a common and effective treatment for individuals diagnosed with MDD and ADHD. The risk of serious cardiac events related to stimulant use is evaluated relating specifically to hypertrophic cardiomyopathy in the case of a 33-year-old, married, Caucasian female, who is an ex-marathon runner and elementary school teacher diagnosed with ADHD.*

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16. **Poster Title:** Therapist Characteristics and Practices Impacting Patient Retention in Psychotherapy: A Qualitative Study

*Over 50 percent of patients end psychotherapy before completing treatment, thus reducing its benefits. The results of this study suggest that several clinical practices may be employed to reduce premature psychotherapy termination and that non-verbal factors not reflected in therapists’ self-reports may account for additional variability in retention rates between therapists.*

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17. **Poster Title:** Case Report: The Ethical Dilemma of a Psychiatric Hospitalization involving an HIV Positive Adolescent Female Refusing Treatment

*2018 Michigan Psychiatric Society 2nd Place Winner – Poster, Clinical Category*

There are unique challenges present in an adolescent refusing treatment for a life threatening disease, in this case a 16-year-old HIV positive patient who was not adhering to medication therapy outside of the hospital. The patient denied being suicidal and demonstrated understanding that refusal of medications could result in death. The authors evaluate the case from the ethical principles of autonomy, justice, beneficence, and non-maleficence.

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18. **Poster Title:** Substance Use Disorders after Bariatric Surgery: A Literature Review

Bariatric surgery offers a vital treatment option for severe obesity. It is also a life-changing decision that requires pre-operative assessments to discuss the benefits and risks, including developing an addiction. Recent studies have found that those who undergo bariatric surgery are at increased risk of developing a post-operative substance use disorder. A summary of existing hypotheses and literature alongside clinical vignettes are presented as a stepping off point for future studies that may improve pre-surgical screening and guide post-surgical addiction treatment.

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