

# CHAMP CLINIC

*The official newsletter of the UCLA Mood Disorders Program*



Pictured are Gregory Barnett, MD (Fellow), David Miklowitz, PhD (Director, Champ program), Manal Khan, MD (Fellow), Megan Ichinose, PhD (Fellow), Laurie Gordon (Chair of the Board of Advisors, Resnick Neuropsychiatric Hospital), Helena Hansen, MD (Chair of Dept of Psychiatry), Brittany Booth, MD (Fellow), and Michael Gitlin MD (Director, Adult Mood Disorders clinic)

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Welcome to the  
first official  
newsletter for  
the Max Gray  
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Clinic!

# Welcome from the Director

*by Dr. David Miklowitz*

Dear Friends,

This is the first of what we hope will be quarterly newsletters from the Max Gray Child and Adolescent Mood Disorders Program (Max Gray CHAMP). As you may know, CHAMP is an outpatient clinic at the UCLA Semel Institute that provides psychiatric services to children or teens with mood (depression or bipolar) disorders and their families. The clinic is endowed by Laurie and Steve Gordon, who named the program after Laurie's son Max, who passed away in 2013.

Max Gray Champ provides diagnostic evaluations, medication management and family or group therapies for youngsters (ages 7 – 17 years) with mood disorders. The kids in our clinic often have multiple areas of difficulty, including attentional dysfunction, anxiety, or autism spectrum disorders as well as mood disorders. Our child psychiatrists and psychologists have considerable expertise in treating this young population. Our team of clinicians follow the family-focused therapy (FFT) model in which parents and children are acquainted with the nature, course, and management of mood disorders and learn skills for communicating productively as a family and solving problems.

In this newsletter, you'll find information about our Max Gray Fellows, the psychiatrists and psychologists who have decided to spend 2-3 years after their training to become specialists in the treatment of children with bipolar disorder or recurrent depression. You'll also learn about the exciting research studies we have at CHAMP, most funded by the National Institute of Mental Health. Lastly, you'll hear some practical tips for helping your child, some of which you may already know and some of which will be new.

I hope you'll join us at the Max Gray Salon on Tuesday, March 21, 5-7 pm in the Tamkin auditorium, bottom floor of the Ronald Reagan Hospital at UCLA. You'll get to meet Laurie and Steve Gordon; my close friend and colleague Michael Gitlin, MD, who directs the adult mood disorders program, and our great Max Gray fellows. You'll learn about the latest research and clinical work in CHAMP. Cheers!

David J. Miklowitz, PhD

Distinguished Professor of Psychiatry and Director, Max Gray CHAMP program and fellowships

UCLA Semel Institute

# Meet the Fellows

## Elizabeth Horstmann, M.D.: Supervisor



Dr. Elizabeth Horstmann completed her Child Psychiatry Fellowship at UCLA and received specialty training in the care of children with bipolar and major depressive disorders. Dr. Horstmann received her medical degree from Harvard Medical School and her bachelor's degree from Columbia University. She completed a post-baccalaureate fellowship in the Department of Bioethics at the National Institutes of Health and a residency in General Psychiatry at New York Presbyterian Hospital/New York State Psychiatric Institute, Columbia University Medical Center. Since her year as a Max Gray Fellow, Dr. Horstmann has been working as a psychiatrist CHAMP, where she supervises child psychiatry fellows and Max Gray fellows. She also is working three days a week at a publicly funded school in Northridge for children who require a school setting that supports their mental health needs.

## Manal Khan, M.D.

Dr. Manal Khan recently graduated from the UCLA Child and Adolescent Psychiatry Fellowship. Dr. Khan received her medical education in Pakistan. She completed her psychiatry residency training at University of Washington, Seattle. She graduated with areas of distinction in global mental health and cultural psychiatry, perinatal mental health, and advanced psychotherapy. She also served as the Chief Resident of Recruitment and Wellness, and graduated with an outstanding resident award. During her fellowship, Dr. Khan served as the



inaugural Chief of equity and Diversity and graduated the fellowship with an area of distinction in psychotherapy, with concentration in psychoanalytical psychotherapy. Dr. Khan has received additional psychotherapy training in dialectical behavioral therapy and family-focused therapy. She is currently in her second year of a child and adolescent psychoanalytical psychotherapy training program. Dr. Khan's areas of experience and interest include mood disorders, childhood adversity and trauma, cultural psychiatry, and structural determinants of health. She has an outpatient clinical practice in the 300 Medical Plaza Building.

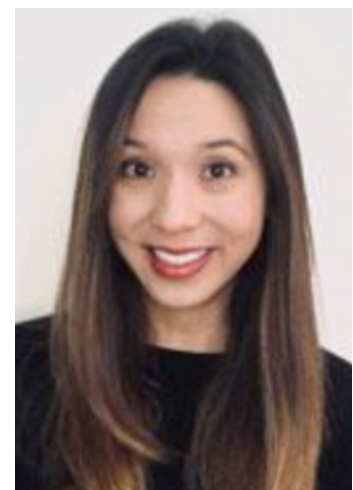
## Brittany Booth, M.D., M.P.H



Dr. Booth is a general adult psychiatrist with experience treating a wide range of psychiatric disorders. Her areas of special interest include women's mental health, particularly perinatal and postpartum care, as well as mood disorders, anxiety, and OCD. Dr. Booth earned her bachelor's degree from Boston University and her medical degree from the David Geffen School of Medicine at UCLA. She completed her psychiatry residency at UCLA Neuropsychiatric Institute. During residency, she served as Chief Resident of the inpatient units at UCLA and as Chief Resident of the Women's Life Center, where she gained specialty training in the treatment of mental illness during pregnancy and the postpartum period. In addition to participating in the Max Gray Mood Disorders Fellowship, she has continued to work in the UCLA Maternal Mental Health program as a staff attending and has joined CalPsychiatry, with offices in Encino and Westlake Village.

## Megan C. Ichinose, Ph.D.

Dr. Megan Ichinose completed her undergraduate studies at Northwestern University, where she graduated with honors in psychology and global health. She next accepted a research position at the Yale University School of Medicine in the Clinical Neuroscience Research Unit, where she became interested in the cognitive and neural underpinnings of serious mental illness. She pursued her Ph.D. in clinical psychology at Vanderbilt University, where she conducted research examining cognitive deficits associated with serious mental illness and gained clinical training providing psychodiagnostic and neuropsychological assessments and psychotherapy for children and adults with a range of clinical presentations. She recently completed her predoctoral internship at UCLA specializing in Adolescent Serious Mental Illness. During her time at UCLA, Dr. Ichinose worked in both general and specialized clinics for youth, young adults and their families with anxiety disorders, mood disorders, developmental disabilities, and psychosis.



## Gregory J. Barnett, M.D.



Gregory J. Barnett, M.D., is in his second year as a Max Gray fellow which he began after his graduation from the child and adolescent psychiatry fellowship at the UCLA Semel Institute. He attended Yale University where he received his bachelor's degree in psychology and decided to pursue a career in medicine. He then went on to the Warren Alpert Medical School at Brown University and developed an interest in working with children and adolescents with mental health

challenges. He completed his adult psychiatry residency training at the Cambridge Health Alliance at Harvard Medical School, where he worked with a diverse patient population at a safety net hospital in Massachusetts. Dr. Barnett is looking forward to continuing to refine his skills in the evaluation and medication management of complex patients, and cultivating his abilities as an individual therapist in CHAMP.

## Current Studies

### Featured: The Child Bipolar Network (CBN)

The CBN is a multi-university network that is studying the diagnosis and treatment of kids, adolescents and young adults with bipolar disorder, to develop evidence-based guidelines for treating these conditions. The need for a child bipolar network, modeled on national networks such as the national cancer centers has been recommended for many years. With 3 years of funding from the Baszucki Brain Research Fund and the Milken Foundation, we are making it happen.

The network currently consists of five sites. UCLA (Max Gray Champ) is the lead university and organizing site, led by David Miklowitz, PhD and Megan Ichinose, PhD, a Max Gray Fellow. The other sites are the University of Pittsburgh/Western Psychiatric Institute, University of Colorado Anschutz Medical Campus, University of Cincinnati School of Medicine, and Virginia Commonwealth University. We also have consultants from George Washington University, John Hopkins, and the University of Toronto. The CBN is conducting a cross-site study of diagnosis,

course of illness, and psychiatric treatment in youth and young adults (ages 9 to 21 years) with bipolar 1 or 2 disorder or those who are showing the early warning signs of the illness (for example, significant mood swings with changes in school or social functioning). In later years we will involve sites outside the US, and examine the role of genetics, early childhood environment, and metabolic and inflammatory variables in the initial onset and long-term course of bipolar disorder in kids and young adults. We are quite excited about the CBN and where it's going!

## UPLIFT

UPLIFT is a multi-site study looking at the efficacy of family-focused-therapy for youth and young adults at high risk for psychotic disorders. The study has seven sites including UCLA, Zucker Hillside Hospital (New York), University of Calgary (Canada), Beth Israel Deaconess Medical Center (Boston), UC San Diego, UC San Francisco, and Yale University. We currently have over 150 families in the study, with a goal of enrolling 220 families.



## App UP

The AppUP study is a randomized trial of telehealth-based cognitive behavioral therapy groups supplemented by a mobile application, for adolescents with mood or thinking problems and their families. This study is in the data collection phase and is currently in the middle of its fourth group, of six planned.

## Self-Care Tips

In addition to providing medications and psychotherapy, the Max Gray Fellows can help you design self-care strategies to be implemented at home when you're feeling anxious, depressed, isolated, or just plain stressed out. Here are some of those strategies – not all of them will apply to your family's situation but some will help:

1. Find a mantra or a focus phrase
2. Exercise or at least move your body every day
3. Schedule family meetings
4. Use good communication skills (Active Listening)
5. Listen to a meditation tape with family members
6. Avoid using alcohol or drugs
7. Practice good communication with your mental health provider



## Other News in the Field



Researchers at Stanford University have found that since the COVID-19 pandemic, the incidence of “internalizing symptoms” among adolescents, such as anxiety, depression, sadness, loneliness, and social withdrawal has more than doubled. Along with poorer mental health, the study also found that adolescents assessed during the pandemic had “accelerated brain aging”, often the result of significant stress, when compared with carefully matched youth assessed prior to the pandemic.

To read more: <https://us3.campaign-archive.com/?e=8ceb83ad23&u=c6e89b4de3dfd70e795490632&id=72d2dbc5da>

# A Message to our Donors

Please consider making a gift to further the work of the Max Gray Fund:

Online: visit [www.giving.ucla.edu/MaxGrayFund](http://www.giving.ucla.edu/MaxGrayFund)

Checks: Made payable to The UCLA Foundation with “Max Gray Fund” in the memo line, mail to Daisy Lintilhac, The UCLA Foundation, PO Box 7145, Pasadena, CA 91109-9903.

