Marilyn Carroll, PhD - Psychiatry
Beating addiction: a nondrug approach. UMN News

Featured Story on the M Health Blog
Deep Brain Stimulation Helps Kelly, A Parkinson’s Disease Patient, Stay Active.

Featuring Neurology and Neurosurgery faculty and staff: Scott Cooper, MD, PhD, Tsega Orcutt, APRN, CNP, Michael Park, MD, Paul Tuite, MD, and Jerry Vitek, MD, PhD.

Bernadette Gillick, PhD, MS, PT - Rehabilitation Medicine
Gillick was awarded the very prestigious University of Minnesota McKnight Land-Grant Professorship for her research project titled, “Discovery of Novel Treatments for Childhood Stroke and Resultant Cerebral Palsy.” For more information on this award: z.umn.edu/mcknightlandgrant

Gillick also received the Eugene Michaels Outstanding New Investigator Award from the American Physical Therapy Association.

Infant stroke study giving hope, new insight at U of M KARE-TV

Pamela Gonzalez, MD, MS - Psychiatry
Few teens receive medication-assisted treatment for opioid addiction. Health Talk
Smashing the silence. UMN News

Studies suggest cautious optimism about declines in teen opioid use. MPR News, NPR News

Suma Jacob, MD, PhD - Psychiatry
Autism and genetic discoveries. MN Physician (Page 36)

Kelvin Lim, MD - Psychiatry
Today’s Research, Tomorrow’s Solutions. How our brightest minds are combating the world’s biggest challenges. The New York Times

Riley McCarten, MD - Neurology
Dr. Riley McCarten joined Adam Carter to talk about Alzheimer’s and dementia care and research. WCCO-Radio

Gregory Molnar, PhD - Neurology
U of M commercialization grants target microbiome test, sleep disorders, epilepsy. Twin Cities Business Magazine

Cari Pearson Carter, PhD - Psychiatry
What Can We Learn from the Patterns of Eating Disorders? Health Talk

Madhumathi Rao, MD, MS - Psychiatry
Autism and genetic discoveries. MN Physician (Page 36)

Sophia Vinogradov, MD - Psychiatry
Listen: New UMN Psychiatry head aims to end ‘culture of fear’. MPR News

New leadership at U of M psych dept promises changes. KMSP-TV

The golden age of computational psychiatry is within sight. Nature Human Behavior

The rise of evidence-based psychiatry. Scientific American


Jerry Vitek, MD, PhD - Neurology
State and metro officials say that federal budget cuts would have big impact. Star Tribune

Susan Whaley Brown - Neurosurgery
Whaley Brown was awarded the Department of Neurosurgery’s 2016 Angie Balkcum Award. The annual award memorializes a long-term Neurosurgery Department employee who personified the principles of dedication, service, excellence, and good humor. Read More.

55+ Day Treatment Program - Psychiatry
In 2016, the 55+ Outpatient Mental Health Day Treatment Program was recognized for achieving top quartile patient experience scores as measured through the patient satisfaction survey distributed in Q2 2016. The University of Minnesota Health program is the only program in the Twin Cities area dedicated to providing mental health assistance to adults ages 55+.

The program consists of five small groups, capped at eight people to a group, that meet twice each week for group therapy. The group has access to a University of Minnesota Health multidisciplinary team including a nurse practitioner, licensed psychotherapists, nurse and a chaplain, to address aspects of mental and physical health. In addition to group therapy, mental health education curriculum is included and tailored to the specific mental health challenges and concerns of the 55+ population.
Mpls.St.Paul Magazine recently announced the 2017 edition of “Top Doctors, Rising Stars.” This year, 386 local physicians were named, 90 representing University of Minnesota Physicians, across 33 medical specialties. Five of our own clinical neurosciences faculty were chosen.

To be selected as a “Rising Star” candidates must have been fully licensed to practice for 10 years or less. Each individual named to the list of “Rising Stars” were chosen by peers in the field. All candidates are evaluated on numerous factors, including professional achievement, review by an expert panel, research and disciplinary history.

More information or to view the list of physicians HERE.

On March 27, the Institutional Review Board (IRB) launched ETHOS (Ethical Oversight Submission System), a web-based platform for IRB submissions. ETHOS will be a significant and positive change for the research community, reducing paperwork needed for IRB submissions and providing a document management system for important study-related materials.

To support the community in this transition, the Human Research Protection Program (HRPP) has launched a training page for ETHOS and expansive office hours and training sessions for the months of March and April. The training page includes job aids, tutorials, recordings and a list of upcoming training sessions. Departments interested in training for department staff can still submit a training request to ethosirb@umn.edu.

The University of Minnesota Medical Center has been named to the 2017 Women’s Choice Award® lists of America’s Best Hospitals for Stroke Care. The award program recognizes the country’s best hospitals based on the objective standards women consider most important, including accreditations, patient satisfaction, and clinical excellence.

Thank you, and please do not hesitate to contact your CNC finance professional with any questions or concerns.

University Policy on International Travel

A recent internal audit indicates that some international travel habits may not be in alignment with University policy.

As a reminder, please note:

(1) **International Travel Registry.** All personnel traveling on University business to any location outside the U.S. must register with GPS Alliance before departing.

(2) **Fly America Act.** Air travel using federal funds must comply with the Fly America Act rules, which mandate the use of U.S. carrier service—even if non-U.S. carriers offer cheaper options—except in certain situations. For details about the Act and obtaining the required certifications for exceptions if applicable, please see here (click on the “Fly America Act” drop-down) or contact Patrick Briscoe, the University’s Export Controls and International Projects Officer (612-625-3860, bris0022@umn.edu).

(3) **Sanctioned Destinations.** Anyone planning to travel on University business to a location subject to U.S. economic sanctions must first consult with Patrick Briscoe. The restricted locations are currently: Cuba, Iran, North Korea, Syria, Sudan (North), and the Crimea region of Ukraine.
**REPETITIVE TRANSCRANIAL MAGNETIC STIMULATION (rTMS)**

**Regaining Hand Function for Stroke Patients**

Repetitive transcranial magnetic stimulation (rTMS), combined with hand therapy, is a research-based treatment provided off-label at the University of Minnesota Health (M Health) Clinics and Surgery Center (CSC). rTMS at the University of Minnesota began 10 years ago as the focus of a research study led by James Carey, PhD, PT and is now available to stroke patients to achieve greater recovery of hand function.

“We saw success for some study participants but not all; those who improved began to ask for continued treatment at the close of the research study,” said Carey. “Through partnership between leaders at the CSC and within the Departments of Neurology, Neurosurgery and Rehabilitation Medicine, we are now able to offer rTMS off-label to benefit this patient population.”

The hand weakness following a stroke stems from brain neurons destroyed by the stroke, as well as from surviving neurons. The surviving neurons become dormant through inactivity and suppression from the non-stroke hemisphere. In some patients, rTMS can help dormant neurons reactivate and thereby improve voluntary hand function.

Unlike deep brain stimulation, rTMS is noninvasive and does not involve surgery. The patient receives painless magnetic pulses to the head through a device held by the clinician. After treatment, patients perform hand exercises while the effects of the magnetic stimulation are still active. Although the magnetic energy can be used to produce involuntary muscle contractions, rTMS uses repeated, low-intensity magnetic pulses to change brain synapses (pathways), enabling patients to more easily produce muscle contractions on their own.

*First published in M Health E3 Update: 3.22.2017*

**FIRST EPISODE OF PSYCHOSIS TREATMENT PROGRAM**

**First Episode of Psychosis Treatment Program Receives Federal Funding for Pilot Program**

The University of Minnesota Health (M Health) First Episode of Psychosis treatment program works with patients who have recently experienced the first onset of psychotic symptoms. The interdisciplinary team, including social workers, nurses, psychologists and education and employment specialists, provide treatment and education for patients and their families to learn more about the patient’s condition and to develop skills to help live healthier and happier lives.

The M Health Psychiatry Clinic in St. Louis Park has received federal funding through the State of Minnesota to participate in a pilot project called Coordinated Specialty Care, what the M Health Psychiatry Clinic has named M Health NAVIGATE, aimed at reducing the time it takes for a patient experiencing psychosis to receive treatment. The projects will provide care for patients 15-40 years old with early signs of psychosis.

"It’s critical that people who are first experiencing psychosis get the right care quickly," said Emily Piper, Department of Human Services Commissioner. "This research-based program is an exciting new approach that will help people when they need it most."

Coordinated Specialty Care programs are the result of a 2008 large-scale research project by the National Institute of Mental Health. Research showed that this care model is more effective than the usual treatment approaches, treatment is most effective when received sooner, and treatment for psychosis can be delivered successfully in the community.

M Health’s First Episode of Psychosis program and NAVIGATE treatment approach provides research-based care and is tailored to the unique needs of First Episode patients and families. Developed with support from the National Institute of Mental Health, NAVIGATE is a clinically proven treatment approach for psychosis that seeks to improve quality of life by helping individuals resume normal life activities, including school, work and relationships. Services include: Individual, group and family therapy; Individualized medication evaluation and management; Supported employment and education; Case management.

“Our goal is to promote optimal brain health through innovative treatments, while also supporting the individual and their family members in all of their psychological needs,” said Sophia Vinogradov, MD, Department of Psychiatry. “We team up with people experiencing psychosis, their families and the community to help us determine better and more effective ways to understand their health needs and to promote their well-being.” Read more via [MN.gov](https://www.mn.gov).

*First published in M Health E3 Update: 3.02.2017*
Meet IDShield: The New University-Sponsored Identity Theft Protection Program

Identity theft can happen to anyone and has become the top reported consumer complaint to the Federal Trade Commission for the past 16 years. It can be difficult to handle the financial damage and emotional stress caused by identity theft on your own.

To help protect you and your family, the University is offering IDShield, an identity theft protection product, beginning in April 2017. IDShield has provided identity theft coverage since 2003, longer than anyone else in the market, and now has over one million members.

IDShield provides privacy and security monitoring of your credit cards, bank accounts, phone numbers, and Social Security numbers, along with identity restoration services from licensed private investigators.

As a voluntary benefit, you’ll pay the full cost, but with the advantage of low group rates. You can purchase individual coverage for $8.45 per month or family coverage that includes your spouse and children up to age 26 for $15.95 per month.

To learn more about the services that IDShield provides, watch a short video or read about it on the Employee Benefits website.

Welcome New University Employees!

Our newly hired Faculty, Fellows, Residents, Staff and Students who started in February and March 2017.

CNC
David Schouten

Neurology
Hannah Baker
Neeladri Chowdhury
Giuseppe Pellizzer, PhD
Lauren Schrock, MD
Kelly Sovell
Keith Vossell, MD

Neurosurgery
Harshitha Ravva
Nicholas Stoflet

Rehabilitation Medicine
Katherine Fuchs
Teri Takehiro
Rachel Williams

Psychiatry
C. Sophia Albott, MD
Justin Anker, PhD
Riley Capizzi
Christine Conelea, PhD
Erik Dahl
Quentin Gabor, MD
Daniel Heemstra
Mahrya Johnson
Jerrilyn Kent, PhD
Jamie Kiefer
Shengwu Li
Katherine Lingras, PhD
David Spragg
Lidia Zylowska, MD

U-Pet Wellness Plans

U of M employees are eligible for U-Pet Wellness Plans at the U’s Veterinary Medical Center. Pets can receive unlimited primary care visits with this annual plan, which can be paid through payroll deduction. Employees can get 20 percent on pet medical care with plans that include standard immunizations, heartworm testing and prevention, pet boarding up to 12 hours on the day of an exam, and reduced fees on specialty exams.

The Basics: U of M Wellness Cooking Class

Register for Cooking for Wellness: The Basics, a cooking class offered through the U’s Wellness Program. The Basics is led by culinary instructors who teach foundational techniques to adapt your cooking for a healthier lifestyle and greater wellbeing. Participants engage in hands-on demonstrations and discussion topics related to whole food cooking and personal health. The upfront cost of $210 is reimbursable up to $200 and 50 wellness points.