

# The Inward Eye

June  
2025

Mission  
Updates

Department  
Spotlights

Northwestern  
Psychiatry  
Residency  
Class of 2029

2025  
Commencement  
Ceremony -  
June 20<sup>th</sup>, 2025

Ribbon Cutting  
Ceremony Marks  
Opening of Stephen  
M. Stahl Center for  
Psychiatric  
Neuroscience

# Table of Contents

→	Staffing Updates
→	Staff Spotlight
→	Education Mission
→	Clinical Mission
→	Research Mission
→	Department Spotlight
→	Grants & Publications
→	Contact

# New and Departing Staff

THE INWARD EYE  
VOLUME 11

NEW

STAFF



**Geneice Lofton, LCSW**  
Licensed Clinical  
Social Worker



**Gina Sourelis-Smith, LCSW**  
Licensed Clinical  
Social Worker

NOT PICTURED:

**I'sis (Izzy) Muller, RN**  
Registered Nurse

DEPARTING

FACULTY & STAFF



**Inger Burnett-Ziegler, PhD**  
Psychologist



**Andrew Carlo, MD**  
Psychiatrist



**Stacey Taylor, LCSW**  
Licensed Clinical  
Social Worker



**Steven Kahn, LCSW**  
Licensed Clinical  
Social Worker

NOT PICTURED:

**Harper Long, LCSW**  
Licensed Clinical  
Social Worker

# Staff Spotlight

Each edition, we'll highlight a staff member in our newsletter! If you're interested in being featured, please reach out to [pbsweb@northwestern.edu](mailto:pbsweb@northwestern.edu)



**Rachel Rodriguez**  
Professional Affairs Coordinator



**Grace Corridoni**  
Practice Manager

## How do you define your role and your primary responsibilities?

**Rachel:** I support the department's daily operations and ensure compliance with policies at the department, school, and university levels. As the main contact for faculty affairs and HR, I manage the full lifecycle of hiring and offboarding—covering recruitment, onboarding, visas, and reappointments. I also assist with key administrative processes, including IT coordination, compliance reviews, APT, and annual COI reporting.

**Grace:** My role is to support the success of the department by identifying areas for improvement, initiating projects and workflows, collaborating with system partners, and tracking performance metrics. I support all members of the department—including providers, residents, trainees, and clinic staff—and take responsibility for upholding NM's standards of excellence, integrity, and patient-centered care.

## What do you like most about your role here at Northwestern?

**Rachel:** I enjoy connecting with staff and faculty in our department, as well as the flexibility to participate in professional development opportunities like SharePoint training and Manager Foundations. I also value engaging with colleagues across departments through affinity groups like UNIDOS and ANUW. I appreciate the balance my manager provides—offering autonomy in my role while encouraging accountability and growth. That said, I do miss working with students and trainees (they always seem to have the best snacks).

**Grace:** I enjoy that my role allows me to think critically, question existing processes, and develop new, more effective workflows. I have the opportunity to take an idea, build its operational foundation, and see its impact on patient care. It's a role that lets me apply my organizational skills and attention to detail to drive meaningful change and improve efficiency.

## What motivates you in your work?

**Rachel:** What drives me most is knowing my work makes a difference—whether it's solving problems, providing strong support, or simply being someone others can count on. I feel most motivated when I see the positive impact of what I do.

**Grace:** I'm motivated by supporting those who provide direct patient care. Whether it's ensuring accurate templates, confirming room availability, or being a reliable point of contact, I aim to help providers focus fully on their patients. I'm also inspired by the professional growth of our clinic staff—I've seen teams embrace new workflows, navigate challenging patient interactions, explore EPIC features, and ask thoughtful questions to deepen their understanding.

## Can you share something personal about yourself?

**Rachel:** I'm an open and friendly person who loves to chat! I have a lively household with two dogs, two cats, and a parrot, and I am also a dedicated Girl Scout leader (cookie plug here!). I'm active in the IBD community due to my experience with Crohn's Disease and I am passionate about supporting others. In my downtime, I'm just a nerd who enjoys movies, TV shows, video games, and board games (and maybe a little karaoke).

**Grace:** I really enjoy completing puzzles, playing Scrabble, and spending time in nature. I have also donated my hair several times, totaling over 5 feet of hair. Most recently, I donated about 15 inches in April.

## Is there anything else you'd like to share with readers?

**Rachel:** Seriously, let me know if you need those cookies 🍪 (I'll make sure to reach out the next time they are in season).

**Grace:** If you have a question, feedback, idea to share, or just want to say hello, please stop by my office in Arkes (Room 11-111)!

# Education Mission

## Residents Present at National Addiction Medicine Conference

Congratulations to our outstanding residents who represented Northwestern Psychiatry at the American Society of Addiction Medicine (ASAM) annual meeting! They co-led a well-received workshop on “Medical Management of Alcohol Use Disorder in Pregnancy and the Peripartum Period,” sharing insights from their recent literature review. Special thanks to Dr. Brent Schnipke for his mentorship and leadership on this impactful work.



Pictured Left to Right: **Brent Schnipke, MD (Faculty)**, **Gayane Archer, MD**, **Faith Horbatch, MD**, **Kakra Boye-Doe, MD**

# NORTHWESTERN PSYCHIATRY RESIDENCY CLASS OF 2029



**Kathryn Abbott, MD**  
Rutgers University



**Orion Rushin, MD**  
University of Louisville



**Capri Alex, MD**  
University of Chicago



**Manisha Singam, MD**  
University of Illinois Chicago



**Taylor Burchfield, MD**  
Northwestern



**Claudia Roldan Rivera, MD**  
Northwestern



**Dylan Dues, MD**  
Michigan State University



**Gerrica Alexander, MD**  
University of Illinois Chicago



**Jazmin Aceves, MD**  
Brown University



**Elaina Wilkens, MD**  
Loyola University

# 2025 COMMENCEMENT CEREMONY

June 20<sup>th</sup>, 2025

🎓 CONGRATULATIONS TO THE CLASS OF 2025! 🎓

Congratulations to the graduating residents and fellows of the Class of 2025!

Wishing you continued success and fulfillment in all that you do!

## Upcoming Construction on Arkes 11

This summer construction will start in the former administrative hallway on Arkes 11. More details will be shared soon — please keep an eye on your email for updates.

## Nurse Clinic Launch Expands Patient Support and Access

In March 2025, our department launched a new nurse clinic aimed at enhancing patient care through physician-directed supplemental support. The clinic is designed to reduce the time physicians spend on patient education while increasing access for patients to receive timely follow-up care. By introducing this new model, we hope to improve patient outcomes, streamline clinical workflows, and ensure more consistent support throughout the care journey.

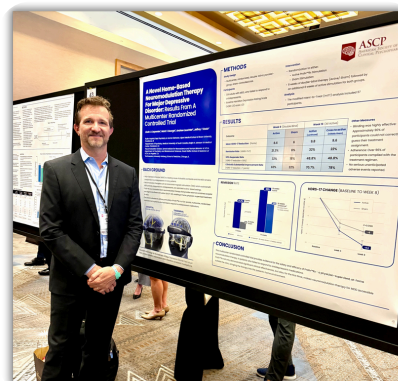
## Celebrating Achievements in the CL Psychiatry Division

Members of the Consultation/Liaison Psychiatry Division continue to make impactful contributions in clinical care, research, and education:

- **Lisa Rosenthal, MD**, was invited to the Kennedy Forum for the unveiling of Illinois' new mental health parity index.
- **Brandon Hamm, MD**, along with **Steve Dinwiddie, MD** and **Rod Passman, MD** (Cardiology), launched a new clinical trial examining heart rate variability in patients with catatonia using a non-invasive ZioPatch. The team is currently enrolling participants.
- Dr. Hamm also published a paper on the ethical complexities of capacity evaluations in the *Journal of Psychiatric Practice*.

## Dr. Jeffrey Rado Presented at ASCP Annual Meeting

**Jeffrey Rado, MD**, presented at this year's American Society of Clinical Psychopharmacology (ASCP) Annual Meeting. He participated his research on, "Mood Trial Results: Multicenter Randomized Controlled Trial of a Home-Use External Combined Occipital and Trigeminal Afferent Stimulation Therapy for Major Depression," alongside fellow researchers Andrew Leuchter, Mark George, and Linda Carpenter.



## Media and Presentations

### Dr. Gollan Featured in WebMD Article on Coping With Uncertainty

**Jacqueline Gollan, PhD**, Professor of Psychiatry and Behavioral Sciences (Psychology) and Obstetrics and Gynecology, explains how our brains are wired to treat uncertainty as danger — an instinct that once kept our ancestors safe, but now often fuels modern anxiety. She encourages patients to understand their anxiety as a natural response, and to focus on working with it rather than resisting it.

Click [here](#) to read the article.



**Jacqueline K. Gollan, PhD**  
Professor, Psychiatry and Behavioral  
Sciences (Psychology), Obstetrics and  
Gynecology

### Sarah Helseth Presents TECH App Research at International Workshop on Youth Justice and Digital Interventions

**Sarah Helseth, PhD**, gave an invited talk entitled "User-Centered Design of an Adjunct Smartphone App to Help Justice-Involved Youth Reduce Cannabis Use: The TECH Mobile App" at Universiteit Leiden in the Netherlands. The talk was part of a week-long workshop hosted by the Lorentz Center, which gathered international experts in digital interventions for youth involved in the juvenile-legal system to share recent findings and generate research and policy recommendations for the future of the field.



**Sarah Helseth, PhD**  
Assistant Professor,  
Psychiatry and  
Behavioral Sciences  
(General Psychiatry),  
Medical Social Sciences  
(Implementation  
Science), Medical Social  
Sciences (Intervention  
Science)

### Kaitlyn Kunstman Delivers Grand Rounds on Gender-Affirming Mental Health Evaluations at St. Luke's

**Kaitlyn Kunstman, MD**, was invited to give a psychiatry Grand Rounds presentation to St. Luke's University Health Network on the topic of "Gender-Affirming Mental Health Evaluations" on February 4, 2025.



**Kaitlyn Kunstman, MD**  
Assistant Professor,  
Psychiatry and  
Behavioral Sciences  
(General Psychiatry)

### Linda Teplin Presents on the Multigenerational Impact of Incarceration at AAAS Annual Meeting

At the 2025 AAAS Annual Meeting, **Linda Teplin, PhD**, presented on the lasting health and social impacts of incarceration across generations, underscoring the need for systemic reform.



**Linda Teplin, PhD**  
Vice Chair for  
Research, Owen L.  
Coon Professor of  
Psychiatry and  
Behavioral Sciences

## Media and Presentations

### Dr. Luis Rosas-Vidal Identifies Key Brain Chemical Linked to Fear and Anxiety

A new study explores how the brain's natural cannabinoid, 2-AG, may help regulate fear responses — offering insight into why individuals with PTSD and anxiety often experience heightened or inappropriate fear. **Luis Rosas-Vidal, PhD, MD**, Assistant Professor of Psychiatry and Behavioral Sciences and first author of the study, found that reduced 2-AG levels were linked to overgeneralized fear responses in both mice and human participants. Published in the Journal of Clinical Investigation, the findings point to 2-AG as a potential target for future anxiety treatments.

[Read the full article here.](#)



**Luis Rosas-Vidal, PhD, MD**  
Assistant Professor, Psychiatry and  
Behavioral Sciences (General  
Psychiatry)

### Breakthroughs in Neuroscience at “Frontiers of the Brain” Panel

At a recent panel hosted by the NU Club of Southwest Florida and the Half Century Club, Northwestern experts including **Sachin Patel, MD, PhD**, and **Tamar Gefen, PhD** shared cutting-edge research on brain disease and psychiatric conditions — some of the fastest-growing global health challenges. Dr. Patel, Chair of Psychiatry and Director of the new Stephen M. Stahl Center, and Dr. Gefen, Director of the Laboratory for Translational Neuropsychology, discussed how their work is advancing treatments and redefining the future of brain science.

[Read the full article here.](#)



**Tamar Gefen, PhD**  
Associate Professor,  
Psychiatry and Behavioral  
Sciences (Psychology)



**Sachin Patel, PhD, MD**  
Chairman  
Director, Stephen M. Stahl Center  
for Psychiatric Neuroscience  
Lizzie Gilman Professor of  
Psychiatry and Behavioral Sciences

## Promotions and Awards

### Allison Carroll Receives Citation Abstract Award for Research on Collaborative Care and Cardiovascular Health

**Dr. Allison Carroll's** abstract, “Improvements in Cardiovascular Health of Primary Care Patients Engaged in Collaborative Care for Depression and Anxiety,” received a Citation Abstract Award from the Society of Behavioral Medicine Annual Meeting Program Committee.



**Allison Carroll, PhD**  
Assistant Professor,  
Psychiatry and  
Behavioral Sciences  
(Psychology), Medical  
Social Sciences,  
Preventive Medicine  
(Behavioral Medicine)



## Stephen M. Stahl Returns to Northwestern to Launch Center for Psychiatric Neuroscience

On May 1st, Northwestern's Department of Psychiatry and Behavioral Sciences marked the official opening of the Stephen M. Stahl Center for Psychiatric Neuroscience with a ribbon-cutting ceremony at its new home on the Chicago campus. Funded by distinguished alumnus Stephen M. Stahl, MD, PhD, and his wife, Shakila, the Center brings together researchers focused on the neural underpinnings of psychiatric disorders such as schizophrenia, bipolar disorder, and PTSD. Led by Department Chair Dr. Sachin Patel, the Center represents a major step forward in advancing psychiatric research at Feinberg.

A pioneer in psychiatry and psychopharmacology, Dr. Stephen M. Stahl, '75 MD, PhD, has returned to his alma mater to launch this transformative initiative. The Center is both a tribute to his roots and a bold investment in the future of psychiatric research and education. From his beginnings in small-town Ohio to achieving global recognition, Dr. Stahl's journey has come full circle — now shaping the next generation of scientific discovery at Northwestern.



[View Original Articles:](#)

**[Ribbon Cutting Ceremony](#)**  
**[Stahl Returns to Alma Mater](#)**

# Recent Grants and Funding

**Principal Investigator:** Tamar Gefen, PhD

**Predoctoral Trainee:** Antonia Zouridakis

**Co-Investigators:** N/A

**Funding Agency:** Urso Student Fellowship

**Project Title:** “Differential Vulnerability of White Matter in CBD vs. PSP Leading to Primary Progressive Aphasia”

**Project Period:** May 1, 2025 – August 1, 2025

---

**Principal Investigator:** Tamar Gefen, PhD

**Predoctoral Trainee:** Antonia Zouridakis

**Co-Investigators:** N/A

**Funding Agency:** National Science Foundation Graduate Research Fellowship

**Project Title:** “Neuropathologic Investigation of White Matter Integrity in SuperAgers”

**Project Period:** September 1, 2025 – August 31, 2028

---

# Recent Publications

Berger, T. A., Wischnewski, M., Opitz, A., & Alekseichuk, I. (2025). Human head models and populational framework for simulating brain stimulations. *Scientific Data*, 12(1), Article 516. <https://doi.org/10.1038/s41597-025-04886-0>

DeLacey, S., Papadakis, J., James, S., Cudizio, L., Ng, S. M., Lyons, S. K., Maruthur, N. M., Araszkievicz, A., Gomber, A., Snoek, F. J., Toft, E., de Beaufort, C., & Weissberg-Benchell, J. (2025). A Systematic Review of Interventions for the Transition to Adult Healthcare for Young People with Diabetes. *Current diabetes reports*, 25(1), 21. <https://doi.org/10.1007/s11892-025-01578-2>

Farrar, A. M., Nordstrom, I. H., Shelley, K., Archer, G., Kunstman, K. N., & Palamar, J. J. (2025). Ecstasy, molly, MDMA: What health practitioners need to know about this common recreational drug. *Disease-a-month : DM*, 71(3), 101851. <https://doi.org/10.1016/j.disamonth.2024.101851>

Hamm, B., Shah, R. M., Hogue, O., Jimenez, X., & Guest Columnists: (2025). Quantitative Analysis of Ethical Complexities Underlying Psychiatric Decision-making Capacity Evaluations: Prevalence and Cooccurrence of Contributing Factors. *Journal of psychiatric practice*, 31(2), 95–99. <https://doi.org/10.1097/PRA.0000000000000844>

Knapp, A. A., Cohen, K., Kruzan, K. P., Kornfield, R., Herrera, M., Pederson, A. B., Lee, S., Macapagal, K., Roulston, C. A., Clarke, K., Wijaya, C., Simmons, R., Jackson, L., Kour, S., Franco, S., & Mohr, D. C. (2025). Teen Perspectives on Integrating Digital Mental Health Programs for Teens Into Public Libraries (“I Was Always at the Library”): Qualitative Interview Study. *JMIR formative research*, 9, e67454. <https://doi.org/10.2196/67454>

Matan-Lithwick, S., Misztal, M. C., Yang, M., DeLong, T., Tripathy, S., Dunn, J. T., Bennett, D. A., De Jager, P. L., Wang, Y., Fisher, D. W., Dong, H., & Felsky, D. (2025). A Transcriptomic Signature of Depressive Symptoms in Late Life. *Biological psychiatry global open science*, 5(3), 100448. <https://doi.org/10.1016/j.bpsgos.2025.100448>

McKay, V., Zamantakis, A., Pachicano, A., Merle, J., Purrier, M., Brewer, R., Li, D., Smith, J., Benbow, N., & Mustanski, B. (2025). P-1458. The Implementation Science Coordination Initiative (ISCI) for evidence-based HIV services: supporting implementation in practice. *Open Forum Infectious Diseases*, 12(Suppl 1), ofae631.1630. <https://doi.org/10.1093/ofid/ofae631.1630>

Papadakis, J. L., Buchanan, C. L., Chan, Y. M., Crerand, C. E., Hansen-Moore, J., Nahata, L., Rausch, J. R., Tishelman, A. C., & Chen, D. (2025). Family functioning in adolescents and young adults with differences of sex development. *Journal of pediatric psychology*, 50(2), 233–242. <https://doi.org/10.1093/jpepsy/jsae106>

Parkhurst, J. T., Burnside, A., Ros, A., Ellis, J., Fawcett, A., Sirota, S., Helseth, S., & Ballard, R. (2025). Suicide Prevention Training in Pediatric Primary Care: A Scoping Review. *Academic pediatrics*, 25(4), 102790. <https://doi.org/10.1016/j.acap.2025.102790>

---

# Recent Publications (cont.)

Parkhurst, J.T., Hilliard, M., Hubbell, D., Spencer, A., Hoffmann, J., Charleston, E., Loughhead, J., & Jansen, A. (2024). Developing and piloting suicide prevention training in pediatric primary care. *Journal of the American Academy of Child and Adolescent Psychiatry Open*. <https://doi.org/10.1016/j.jaacop.2024.12.001>

Welty, L. J., Luna, M. J., Aaby, D. A., Harrison, A. J., Potthoff, L. M., Abram, K. M., & Teplin, L. A. (2025). Do Substances Used in Adolescence Predict the Persistence of Substance Use Disorders in Adulthood? A 15-Year Study of Youth After Detention. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*, 76(2), 210–219. <https://doi.org/10.1016/j.jadohealth.2024.04.019>

---

On March 31, 2025, the *Journal of Acquired Immune Deficiency Syndromes (JAIDS)* published the supplemental issue, “[State of US HIV Implementation Science: Progress and Priorities to End the Epidemic by 2030](#)” (volume 98, supplement 5), guest-edited by Dennis Li and two others. The supplemental issue summarizes shared HIV implementation knowledge from 120 Ending the HIV Epidemic in the US projects through 24 collaborative papers and an introductory paper written by the guest editors. The supplemental issue was coordinated by the HIV Implementation Science Coordination Initiative (ISCI; MPIs Mustanski & Benbow). See selected article from the issue below.

Donoso, V. A., Chandra, S., Zamantakis, A., Kassanits, J., Dăcus, J. D., Mustanski, B., Thompson, A., & Benbow, N. (2025). Two Pilots of an Implementation Science Training Program for HIV Prevention and Care Service Providers: Lessons Learned and Future Directions. *Journal of acquired immune deficiency syndromes (1999)*, 98(5S), e222–e228. <https://doi.org/10.1097/QAI.0000000000003620>

Garner, B. R., Bouris, A., Charlebois, E. D., Li, D. H., Dakin, A., Moskowitz, J., Benbow, N., Christopoulos, K., Hickey, M. D., & Imbert, E. (2025). The Strategies Timeline and Activities Reporting Tables: Improving HIV Care by Improving the Reporting of Implementation Strategies. *Journal of acquired immune deficiency syndromes (1999)*, 98(5S), e205–e215. <https://doi.org/10.1097/QAI.0000000000003613>

Humphries, D. L., Audet, C. M., Balasubramanian, B. A., Benbow, N., Kemp, C. G., Lanzi, R. G., Lee, S. J., Mestel, H., Morshed, A. B., Mustanski, B., Pettit, A., Rabin, B. A., Sadler, O., Hamilton, A. B., Millett, M. E., Schwartz, S., Sherr, K., Stadnick, N. A., & Li, D. H. (2025). Building the Road to End the HIV Epidemic Through Coordinating and Capacity-Building Hubs to Enhance the Science of HIV Implementation REsearch (CHESHIRE): Reflections and Directions. *Journal of acquired immune deficiency syndromes (1999)*, 98(5S), e17–e27. <https://doi.org/10.1097/QAI.0000000000003628>

Jones, J. L., Schwartz, S., Kassanits, J. E., Pyra, M., Brewer, R. A., Kao, U., Blumenthal, J., Rana, A. I., Valeriano, T., Benbow, N. D., & NISH 001 Study Team (2025). Rapid ART, Rapid PrEP, and Status Neutral Implementation in Ryan White-Funded Clinics: Results From a Multisite Survey. *Journal of acquired immune deficiency syndromes (1999)*, 98(5S), e136–e145. <https://doi.org/10.1097/QAI.0000000000003632>

Katomski, A. S., Pachicano, A. M., Zamantakis, A., Benbow, N. D., Willging, C., Rosen, J. G., Rosenberg-Carlson, E. P., Gomez, W., Hamilton, A. B., Kassanits, J. E., Lanzi, R. G., Jones, J. L., Valeriano, T., Brewer, R. A., Rana, A. I., Kao, U., Karris, M., Blumenthal, J., Schwartz, S. R., & Beres, L. K. (2025). Policymaker Perspectives on Implementation Determinants of Rapid ART and Same-Day PrEP in Seven Priority Jurisdictions for Ending the HIV Epidemic: A Multisite Qualitative Study. *Journal of acquired immune*

Li, D. H., Gaines Lanzi, R., & Pyra, M. (2025). Progress and Priorities to End the HIV Epidemic by 2030: Combined Lessons From 120 US Implementation Research Projects. *Journal of acquired immune deficiency syndromes (1999)*, 98(5S), e1–e9. <https://doi.org/10.1097/QAI.0000000000003636>

Marotta, P. L., Humphries, D., Escudero, D., Katz, D. A., Rosen, J. G., Hill, S. V., Glick, J. L., Li, D. H., Elope, L., Ghadimi, F., Beidas, R. S., Bauermeister, J., Bonett, S., Cameron, D. B., Nelson, L. E., Rajabiun, S., Hearld, L. R., Kermani, M., Stoltman, S., Payne, D., ... Brewer, R. A. (2025). Strengthening the US Health Workforce to End the HIV Epidemic: Lessons Learned From 11 Ending the HIV Epidemic Jurisdictions. *Journal of acquired immune deficiency syndromes (1999)*, 98(5S), e181–e191. <https://doi.org/10.1097/QAI.0000000000003625>

---

# Contact Us

**Phone**

**312-694-5060**

**Email**

**[pbsweb@northwestern.edu](mailto:pbsweb@northwestern.edu)**

**Website**

**[psychiatry.northwestern.edu](http://psychiatry.northwestern.edu)**

**Address**

**211 East Ontario Street - Suite 1100**

**Stay Connected,  
Follow us on our Social Channels!**

Stay informed and up-to-date with the latest news, events, and insights from our department.  
Join our community and support mental health awareness!



**[@NMHCPsychiatry](https://www.instagram.com/@NMHCPsychiatry)**



**[@NMPsychiatry](https://twitter.com/@NMPsychiatry)**



**<http://psychiatry.northwestern.edu>**