

A detailed oil painting of a man with glasses, wearing a dark blue suit, a light blue shirt, and a brown tie with white polka dots. He is seated on a red and white striped sofa. The background features a fireplace mantel with decorative items and a large wooden clock.

The Inward Eye








May
2026

M Northwestern Medicine
Feinberg School of Medicine



From the archives: John Csernansky, MD, former chair and Lizzie Gilman Professor of Psychiatry and Behavioral Sciences, whose career at Northwestern spanned nearly 15 years.

Faculty & Staff Updates

New Faculty and Staff

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- | | | |
|---------------------------|---------------------------------|---|
| Mike Mead | Program Manager |  |
| Katie Knapp | Program Manager |  |
| Vishaal Meduri | Peer Support Specialist |  |
| Sophia Asiuras | Operations Coordinator |  |
| Marissa Page, LCSW | Licensed Clinical Social Worker |  |
| Kaelah Brauher | Research Assistant |  |
| Jack Reece | Peer Support Specialist |  |
-

Departing Staff

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- | | | |
|------------------------------|--------------------------------|---|
| Herra Iqbal, MBA, MPH | Associate Dept. Administrator |  |
| Crysta Hildebrand, RN | Operations Coordinator - Nurse |  |
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Left to right: Ivan Alekseichuk, PhD; Hao Li, PhD; and Sachin Patel, MD, PhD

Faculty Spotlight: New Frontiers in Mental Health Science

A recent feature in Northwestern Medicine Magazine spotlights the Department of Psychiatry and Behavioral Sciences' push to transform mental health science through neuroscience, neurotechnology, and translational research.

The article highlights **Chairman Sachin Patel, MD, PhD**, who is leading a broader effort to deepen the department's research mission and build more personalized, biologically grounded approaches to psychiatric care.

Among the faculty featured are **Hao Li, PhD**, whose lab studies how specific neural circuits process reward and punishment to better understand the biology underlying mental illness, and **Ivan Alekseichuk, PhD**, who is using transcranial magnetic stimulation and real-time brain signals to improve and personalize treatment for depression. Together, their work reflects Northwestern's growing investment in uncovering the neural mechanisms of psychiatric disorders and translating those discoveries into more effective care.

[Read the full article in NM Magazine](#)



Photo Credits: Teresa Crawford

Celebrating Our Staff & Faculty

Appointments



Herra Iqbal, MBA, MPH

Promoted to Department Administrator of Preventative Medicine



Michael Marcangelo, MD

Promoted to Chief of Consultation Liaison Psychiatry

Clinical Social Workers Give Back to the Community

On April 10, members of our Clinical Social Work team volunteered with Nourishing Hope, helping support Chicago communities through food distribution and services that also connect individuals with case management and mental health resources.

Their participation reflects the department's continued commitment to service, extending care beyond the clinic and into the broader community.



Tamar Gefen, PhD, Co-Authors New Study on Cognitive Resilience in Aging

New research published in *Nature* is shedding light on why some older adults known as “super-agers,” maintain exceptional memory and cognitive function well into their 80s and beyond.

The study, led by researchers at the University of Illinois Chicago, includes contributions from Tamar Gefen, PhD, of Northwestern University.

The findings suggest that super-agers may possess a unique biological advantage:



The ability to generate and sustain new neurons in the hippocampus, a region critical for memory. Researchers observed that these individuals had significantly higher numbers of new neurons compared to typical older adults, along with cellular characteristics that may make them more resilient to age-related decline.

The study also offers promising insight into Alzheimer’s disease, identifying that while neural stem cells are present, they may be unable to fully mature, pointing to potential future therapeutic targets.

Dr. Gefen’s involvement highlights Northwestern’s continued leadership in advancing our understanding of brain aging and cognitive resilience.

[Read the full article in The New York Times](#)

Funding Opportunity: Dauten Behavioral Health Innovation Fund

The Northwestern Medicine Dauten Behavioral Health Institute is now accepting proposals for its Innovation Fund, supporting bold, high-impact projects focused on advancing the understanding and treatment of bipolar disorder.

This funding opportunity is designed to support innovative and potentially transformative ideas, including high-risk, high-reward approaches in clinical care, diagnostics, and disease pathophysiology. Both single- and multi-year proposals will be considered, with funding levels aligned to the potential impact of the project.

Who can apply?

Faculty, researchers, and clinical providers, at any career stage across Northwestern University and Northwestern Medicine are eligible to submit proposals. There is no limit to the number of submissions, though projects must be conducted primarily at NU/NM sites and cannot be under consideration for funding elsewhere.

Key Dates:

- Applications Open Now
- Submission Deadline: June 15
- Award Notifications: September

This initiative offers an exciting opportunity to drive innovation and expand the future of behavioral health care at Northwestern. Please direct any questions to [**NMDBHI@nm.org**](mailto:NMDBHI@nm.org).

Funding Opportunity: Isaac Ray Small Grants Program

The Isaac Ray Research Program is now accepting proposals for its Small Grants Program, which offers up to \$10,000 for one year to support new or ongoing research in forensic psychology and psychiatry. The opportunity is open to all core PBS faculty.

Applications are due June 30, 2026, for research to be conducted in FY27. Core PBS Faculty interested in applying can review funding aims, eligibility requirements, and application guidelines through the Isaac Ray Research Program website. Questions may be directed to Michael Brook, PhD, ABPP.

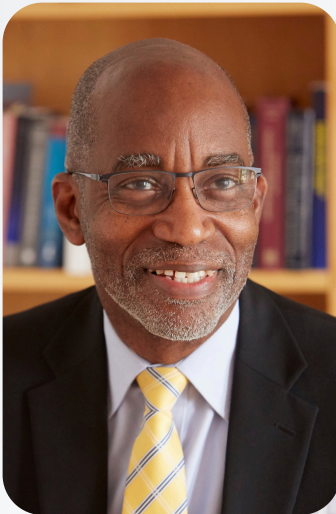


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[Visit the Isaac Ray Research Program website for more information](#)

Sabrina H. Gebreselassie Memorial Lecture Draws Strong Attendance and Outstanding Discussion

Department of Psychiatry and Behavioral Sciences — Grand Rounds



David R. Williams, PhD

Florence Sprague Norman and Laura Smart Norman Professor of Public Health
Harvard T.H. Chan School of Public Health

Professor of African and African American Studies and of Sociology
Harvard University

This talk was sponsored by Northwestern University's Institute for Policy Research, the Potocsnak Longevity Institute Center for HIV & Aging, the School of Education and Social Policy, and the Department of Sociology.

The Department of Psychiatry and Behavioral Sciences recently hosted a compelling Sabrina H. Gebreselassie Memorial Lecture as part of Grand Rounds, featuring Dr. David R. Williams, an internationally recognized scholar on the social determinants of health.

Dr. Williams delivered a powerful and thought-provoking lecture, drawing on decades of research examining how race, socioeconomic status, stress, discrimination, health behaviors, and other structural factors shape health and mental health outcomes. His remarks highlighted the far-reaching impact of inequality on well-being and offered a deeply informed perspective on the social forces that continue to influence psychiatric and public health care.

A widely respected researcher, educator, and public intellectual, Dr. Williams brought exceptional insight to the discussion, making the lecture both intellectually rich and highly relevant to our field. We were honored to welcome him for what was a truly outstanding presentation.



Left to right: Shelly Lyford, CEO, West Health; Theresa Miskimen Rivera, MD, President, American Psychiatric Association; Leigh Berman, MD, PGY-4 Resident, Northwestern Medicine; Lisa Rosenthal, MD, Professor, Psychiatry and Behavioral Sciences (Consultation Liaison Psychiatry), Medical Education, Northwestern Medicine.

Northwestern Psychiatry Represented at Collaborative Care Residency Training

PGY-4 resident **Leigh Berman, MD**, and **Lisa Rosenthal, MD**, represented Northwestern Medicine at the Collaborative Care Model Joint Residency Training in San Diego. The gathering brought together psychiatry and primary care leaders from more than 30 organizations to explore how collaborative care models can expand access to high-quality mental health services.

As part of the program, Leigh received a Certificate of Training, sponsored by West Health, recognizing her participation and commitment to advancing collaborative care approaches in psychiatry.



Pictured with them are Theresa Miskimen Rivera, MD, President of the American Psychiatric Association; Rebecca Brendel, MD, Immediate Past President of the APA; and Adrienne Adams, MD, President of the Illinois Psychiatric Society, representing a gathering of women leading psychiatry both nationally and within Illinois.

Introducing Our Newest Trainees

We are proud to welcome the Psychiatry Residency Class of 2030 and Fellowship Class of 2027 to Northwestern.

Northwestern Psychiatry Class of 2030



Sydney Anas
University of Cincinnati



Matthew Braddock
St. Louis University



Grant Brighter
UPenn



Kristin Karpowicz
University of Vermont



Nicole Khanna
Rush



Avram Kordon
Northwestern



Joyce Li
Wayne State



Miranda Metz
Cornell



Kathryn Schwarzmann
Kaiser Permanente



Jessica Wang
University of Chicago

Northwestern Psychiatry Fellows of 2027

Addiction



Diana Alnemri
Sidney Kimmel Medical College
Thomas Jefferson University

Consultation-Liaison



Suhair Bhatti
Touro University
Nevada College of
Osteopathic Medicine

Forensic



Rachel Klauber
Touro University
Nevada College of
Osteopathic Medicine

Forensic



Dipthi Ranganathan
University of Connecticut
School of Medicine

Geriatric



Andrea Collins
Mayo Clinic
Alix School of Medicine

Presentations

Eisenman, S. R., Suhs, M. C., Chen, D., & Papadakis, J. L. (2025, October). "I'd like to see what my doctors and my family think is best": Medical decision-making and social support needs in adolescents and young adults with differences of sex development [Poster presentation]. American Academy of Child & Adolescent Psychiatry Annual Meeting in Chicago, IL, United States.

Weisman, A. G., Papadakis, J. L., Finlayson, C., Talton, A., Hirsch, J., Rosoklija, I., Porta, N., Laronda, M., & Johnson, E. K., (2025, November). Whole genome sequencing for variations of sex characteristics: Parent perspectives and decision-making. [Poster presentation]. National Society of Genetic Counselors Annual Conference, Seattle, WA, United States.

Publications

Pugatch, M., Hodgkin, D., Miller, C.J., Gibson, M., Chang, G. (2025). Rates and predictors of follow-up care and treatment initiation among women Veterans after a positive alcohol screen. *Substance Use and Addiction Journal (SAJ)*. DOI: 10.1177/29767342251351107

Kahn, N.F., Penilla, C., Giovanelli, A., Aalsma, M., Ford, C.A., Harris, S.K., McCarty, C.A., Mehus, C.J., Pugatch, M., Richardson, L.P., Sieving, R.E., Ozer, E. (2025). Receipt of adolescent health guidance in primary care: Parents' experiences, preferences, and discussions with adolescents. *Journal of Adolescent Health*. In Press.

Carroll, A.J.,* Carlo, A.D.,* Philbin, S., Fu, E.S., Rado, J.T., Rosenthal, L.J., Burnett-Zeigler, I.E., Jordan, N., Brown, C.H., & Smith, J.D. (In press). Disparities in the treatment engagement cascade of collaborative care for depression in a pragmatic implementation study. *Psychiatric Services*. *co-first authors

Carroll, A.J., Philbin, S., Sanuade, O.A., Fu, E., Pedalluma, H., Borisuth, S., Rosenthal, L.J., Rado, J.T., Carlo, A.D., Jordan, N., Burnett-Zeigler, I., Brown, C.H., & Smith, J.D. (2025). Impact of collaborative care model treatment for depression and anxiety on cardiovascular risk factors using electronic health record data. *Journal of Affective Disorders*, 388: 119720.

Mudd MK, Angelotta C. Teaching Nutrition in Psychiatric Practice: Implementation of a Curriculum for Psychiatry Residents. *Acad Psychiatry*. 2025 Oct 30. doi: 10.1007/s40596-025-02249-w. Epub ahead of print. PMID: 41168625

Chen, D., & Strang, J.F. (2025). Multidimensional experiences of gender among US adolescents-Beyond the transgender-cisgender binary. *JAMA Pediatrics*. DOI: 10.1001/jamapediatrics.2025.2455 [Epub ahead of print 8/11/25]

Weixel, T., Whitehead, J., & Chen, D. (2025). Psychosocial outcomes of medical treatment for transgender youth. *Journal of Clinical Endocrinology & Metabolism*. DOI: 10.1210/clinem/dgaf605 [Epub ahead of print 11/4/25]

Impact of collaborative care model treatment for depression and anxiety on cardiovascular risk factors using electronic health record data.

Carroll AJ, Philbin SE, Sanuade OA, Fu ES, Carlo AD, Peadar H, Borisuth S, Rosenthal LJ, Rado JT, Jordan N, Burnett-Zeigler IE, Brown CH, Smith JD
J Affect Disord. 2025 Nov; 388: 119720-
<https://doi.org/10.1016/j.jad.2025.119720>
PMID: 40541831

Winning, A. M., Payne, A. d., Ohanian, D., Fagan, A., Murray, C., Papadakis, J. L., Bowman, R. M., & Holmbeck, G.N. (2025). Family factors as moderators of the association between neuropsychological functioning and psychosocial and developmental outcomes in youth with spina bifida. *Journal of Pediatric Psychology*, 50(10), 970–980. doi: 10.1093/jpepsy/jsaf061

Kendziora K, Fatima SS, Wang RL, Raviv T, Smith M, Johnson DW, Cicchetti C. Outcomes of a Trauma-Responsive Educational Approach at Scale. *Child Maltreat*. 2025 Dec 7;:10775595251401108. doi: 10.1177/10775595251401108. [Epub ahead of print] PubMed PMID: 41353732.

Raviv, T., Snider, M., Elahi, S. Smith, M., Ilyumzhinova, R., Calderon, K., DeClemente, T., Ramirez-Mercado, K., Sontag, A., & Cicchetti, C. (2026). Transforming mental health service delivery in schools: Recommendations for implementation of a cross-system collaborative approach. *Administration and Policy in Mental Health and Mental Health Services Research*. <https://doi.org/10.1007/s10488-025-01486-3>

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