



Vermont Center for Children, Youth, and Families

Child Psychiatry at the University of Vermont Medical Center, University of Vermont,
and the Larner College of Medicine



The University of Vermont

Our Faculty and Staff

Faculty and Staff work collaboratively as a center, but are employed by the University of Vermont (UVM), UVM Larner College of Medicine (LCOM), or UVM Health Network (UVMHN), or jointly across all three!

UVMHN has child psychiatric services at:

- Vermont Center for Children, Youth, and Families (VCCYF); Burlington VT
 - Also referred to as “Outpatient Pediatric Psychiatry Clinic” or “Outpatient Child Psychiatry Clinic”
- UVM Medical Center (UVMHC), Burlington, VT
- Central Vermont Medical Center (CVMC), Berlin, VT
- Champlain Valley Physicians Hospital (CVPH); Plattsburgh, NY
- Porter Medical Center; Middlebury, VT



The University of Vermont

Robert Althoff, MD, PhD

Areas of Interest

- Emotion Dysregulation
- Irritability
- Food Insecurity and Psychopathology

Clinical/Administrative

- Chair of Psychiatry
- Oversees inpatient and outpatient treatment of adults and children

Teaching and Education

- Teaches at all levels of the undergraduate and medical college:
 - Undergraduate: LCOMU Minor (Effects of Adversity, Healthy Brains Healthy Bodies, Your Brain on Drugs)
 - Residents and Fellows (Research Methods, Neuroscience, Psychiatry Clerkship, Psychopharmacology)

Research

- Principal Investigator of the Child Emotion Regulation Lab (CERL)



Steven Schlozman, MD

Clinical

- Director of the Vermont Center for Children, Youth, and Families

Research and Academic Interests

- Child mental health advocacy and mental health care delivery
- Medical Education in Psychiatry
- Cross Disciplinary Medical Education
- Medical Humanities
- Mental Health and Media
- Pediatric Consult-Liaison Psychiatry



Publications (highlights)

- Developing and Losing Trust in the Doctor-Patient Relationship; <https://pubmed.ncbi.nlm.nih.gov/35768017/>
- An Alternative Proposal To Teaching Medical Students about Psychiatry: Consult-Liaison Psychiatry Rotations that Consult to Medical and Surgical Services; <https://pubmed.ncbi.nlm.nih.gov/37550476/>
- Arts for Health: Film (non-fiction book); <https://www.emerald.com/insight/publication/doi/10.1108/9781838673093>. Emerald Publishing
- Forward: Movies and Mental Health: Using Film to Understand Psychopathology; <https://www.hogrefe.com/us/shop/movies-and-mental-illness-97563.html>. Hogrefe Publishing (5th Edition)
- Introduction to Psychiatry: Preclinical Foundations and Clinical Essentials – Editor; <https://www.cambridge.org/us/universitypress/subjects/medicine/mental-health-psychiatry-and-clinical-psychology/introduction-psychiatry-preclinical-foundations-and-clinical-essentials?format=PB>. Cambridge University Press
- Why Psychiatrist Leadership Should Understand and Engage Modern Media; <https://pubmed.ncbi.nlm.nih.gov/31025206/>
- Stigma and Mental Health - A Proposal for Next Steps; <https://pubmed.ncbi.nlm.nih.gov/27502201/>
- The Zombie Autopsies (novel); <https://www.hachettebookgroup.com/titles/steven-c-schlozman/the-zombie-autopsies/9780446564656/?lens=grand-central-publishing>



Child Emotion Regulation Lab (CERL)



PI: Robert Althoff, MD, PhD



Merelise Ametti, PhD, MPH



Hannah Frering, MPH



Aya Cheaito, MA

Research

- Interested in child dysregulation and irritability
- Studied the construct of dysregulation in the context of myriad of external factors and psychopathologies
- Role of food insecurity and parenting practices on child's emotional and behavioral wellbeing
- Dysregulation and structural brain imaging
- Measurement of acute risk of suicide in Emergency Departments

Presentations and Conferences

- Organize and host the biennial Congress on Pediatric Irritability and Dysregulation
- Present new research at the annual AACAP conference

Publications (highlights)

- Measurement of Dysregulation in Children and Adolescents; <https://pubmed.ncbi.nlm.nih.gov/33743941/>
- The role of food insecurity in developmental psychopathology; <https://pubmed.ncbi.nlm.nih.gov/27514244/>
- Association of self-reported executive function and mood with executive function task performance across adult populations; <https://pubmed.ncbi.nlm.nih.gov/32744868/>
- Gender diversity associated with patterns of brain activation seen in populations that experience childhood stress; <https://pubmed.ncbi.nlm.nih.gov/36969492/>

CERL: <http://www.childemotionregulationlab.org/>



Andrew Rosenfeld, MD



Clinical

- Delivering family-based care through our child & adolescent psychiatry outpatient clinic using the model of the Vermont Family-Based Approach

Teaching

- UVM Undergraduate teaching “The Science of Happiness”
- Leads the Pediatric Psychiatry Resident Clinic and didactics
- Didactics on topics including human development, measurement-based care, family-based approaches, suicide prevention, positive psychiatry, quality improvement, and mindfulness

Administrative

- VCCYF Outpatient Clinic Director
- Psychiatry Department Quality Director



Maya Strange, MD

Clinical

- Attending Psychiatrist at the VCCYF, inpatient units at regional UVMHN hospitals (CVPH, CVMC)

Teaching

- Fellowship Seminars; Psychopathology, Emergency Psychiatry, among others
- Undergraduate courses; Sex, Love, and the Neuroscience of Relationships
- Developed a Child and Adolescent Psychiatry elective for pediatric residents, becoming a core rotation for first year pediatric residents
- Supervision of fellows, residents, and medical students

Administrative

- Program Director for the Child and Adolescent Psychiatry Fellowship



William Copeland, PhD



Areas of Interest

- Child and Adolescent Development
- Developmental Psychopathology
- Psychiatric Epidemiology
- Health and Aging in Rural Context
- Trauma, Maltreatment, and Bullying

Teaching

- COMU course Healthy Brains, Healthy Bodies
- Leads COMU Behavior Change Minor
- Master Teacher in the COMU Teaching Academy

Research

- Principal Investigator of the 30+ year ongoing Great Smoky Mountains Study
- Top 1% Highly Cited Researcher in Psychiatry and Psychology
- Current NIH projects:
 - Mid-Life Health Inequalities in the Rural South: Risk and Resilience
 - Neural pathways linking early adversity to adolescent mental health
 - The Great Smoky Mountains Study of Rural Aging
 - Diseases of Despair in Young Adulthood: Risk, Resilience, and Prevention

2023 publications (highlights)

- A Deadly Drop in Rankings: How the United States Was Left Behind in Global Life Expectancy Trends. <https://pubmed.ncbi.nlm.nih.gov/37471674/>
- Intergenerational Effects of a Family Cash Transfer on the Home Environment. <https://pubmed.ncbi.nlm.nih.gov/37619938/>
- Methylome-wide Association Study of Anxiety Disorders <https://pubmed.ncbi.nlm.nih.gov/37542162/>
- Prospective Associations of Childhood Housing Insecurity With Anxiety and Depression Symptoms During Childhood and Adulthood. <https://pubmed.ncbi.nlm.nih.gov/37338896/>
- Day-to-day variation in adolescent food insecurity. <https://pubmed.ncbi.nlm.nih.gov/37304155/>
- Cultural Contributions to Adults' Self-Regulated Mental Health Problems and Strengths: 7 Culture Clusters, 28 Societies, 16,906 Adults. <https://pubmed.ncbi.nlm.nih.gov/37203460/>
- Associations of preschool reactive bed-sharing with sociodemographic factors, sleep disturbance, and psychopathology. <https://pubmed.ncbi.nlm.nih.gov/37198711/>
- Distinct Associations of Deprivation and Threat With Alterations in Brain Structure in Early Childhood. <https://pubmed.ncbi.nlm.nih.gov/36775117/>
- Defining despair: Assessing the multidimensionality of despair and its association with suicidality and substance use in early to middle adulthood. <https://www.sciencedirect.com/science/article/pii/S0277953623001211>
- Parental supervision positively impacts children's economic prospects two decades later: A prospective longitudinal study. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0286218>



Masha Ivanova, Ph.D.



Research

- ✓ Co-Principal Investigator of an International Consortium of Research on Evidence-Based Assessment
- ✓ Co-Principal Investigator of a Randomized Controlled Trial of the Vermont Family Based Approach (VFBA) in Primary Care Pediatrics (with James Hudziak, M.D.)
- ✓ Current Projects:
 - Family-based Phenotypes of Psychopathology
 - Improving the Treatment Adherence for Children With Chronic Health Conditions Using the Vermont Family Based Approach

Areas of Interest

- ✓ Family-based approaches to understanding emotional and behavioral health and difficulties
- ✓ Family-based approaches to prevention and treatment of emotional and behavioral difficulties
- ✓ Using multicultural methodology to refine phenotypes of psychopathology
- ✓ Therapeutic assessment feedback

Key Recent Publications

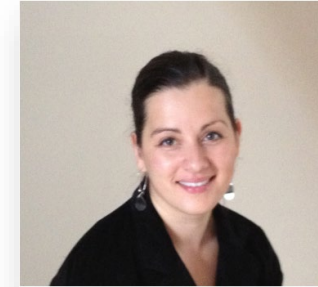
- Ivanova MY et al. Associations of parental depression with children's internalizing versus externalizing problems: Meta-analyses of cross-sectional and longitudinal effects. *J Clin Child Adolesc Psychol*, 2019; 51:827-849. <https://pubmed.ncbi.nlm.nih.gov/36279145/>
- Ivanova MY et al. The Vermont Family Based Approach in primary care pediatrics: Effects on children's and parents' psychopathology and parents' health-related quality of life. *Child Psychiatry Hum Dev* 2023; 54(5),1297-1308. doi: [10.1007/s10578-022-01329-4](https://doi.org/10.1007/s10578-022-01329-4)
- Ivanova MY et al. Testing syndromes of psychopathology in parent and youth ratings across societies. *J Clin Child Adolesc Psychol* 2019; 48, 596-609. doi: [10.1080/15374416.2017.1405352](https://doi.org/10.1080/15374416.2017.1405352)



Research Center for Children, Youth, and Families

Scientific Legacy of Dr. Thomas M. Achenbach

Carrying out the scientific legacy of developmental psychopathology envisioned by its founder, Dr. Thomas Achenbach (1940-2023)



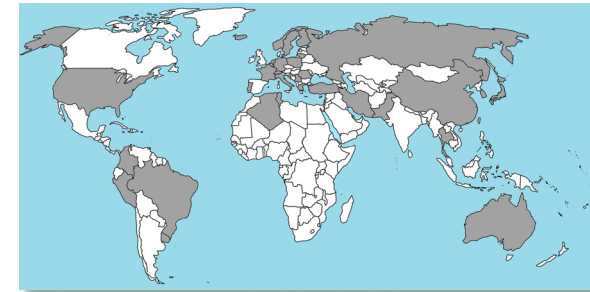
Masha Ivanova, Ph.D.



Bill Copeland, Ph.D.

International Consortium of Research on Evidence-Based Assessment

- Over 45 research teams around the world
- Carrying out research with the *Achenbach System of Empirically Based Assessment* (ASEBA)



Influential Publications (past 10 years)

- International epidemiology of child and adolescent psychopathology ii: integration and applications of dimensional findings from 44 societies. <https://pubmed.ncbi.nlm.nih.gov/23200284/>
- International epidemiology of child and adolescent psychopathology I: diagnoses, dimensions, and conceptual issues. <https://pubmed.ncbi.nlm.nih.gov/23200283/>
- Internalizing/Externalizing Problems: Review and Recommendations for Clinical and Research Applications. <https://pubmed.ncbi.nlm.nih.gov/27453078/>
- Empirically based assessment and taxonomy of psychopathology for ages 1½-90+ years: Developmental, multi-informant, and multicultural findings. <https://pubmed.ncbi.nlm.nih.gov/28356192/>
- Effects of individual differences, society, and culture on youth-rated problems and strengths in 38 societies. <https://pubmed.ncbi.nlm.nih.gov/35167140/>



Jeremiah Dickerson, MD

Clinical

- Clinical Interests: Neurodiversity, autism spectrum disorder, gender affirming care
- Director, Autism Assessment Program, UVM Medical Center

Education & Teaching

- Former director, Medical Student Education in Psychiatry and Psychiatry Clerkship Course Director (Larner College of Medicine)
- Program Director, Adult Psychiatry Residency Program, UVM Medical Center
- Teaching across educational settings (Undergraduate students, UME, GME, Graduate students)
 - Teaching Interests: using humanities in medical education
 - Current undergraduate course: *Mental Health in Pop Culture*
 - Facilitator for longitudinal medical student course: *Professionalism, Communication & Reflection*
 - Medical student elective: *Graphic Medicine: Using Comics to Understand Psychiatry*
- Recent Honors
 - 2023 Psychiatry Resident Appreciation Award
 - 2023 Leonard Tow Humanism in Medicine Award
 - 2023 American College of Psychiatrists' Award for Creativity in Psychiatric Education
 - 2023 Nominations: Professionalism Award; Silver Stethoscope Award (LCOM)
 - 2022 Nominations: AOA Society Faculty Award, Clinical Educator of the Year Award (LCOM)

Research

- Dating & Sexual Education to Address Social Challenges of Autistic Young Adults



Michael Hoffnung, DO

Areas of Interest

- Autism Spectrum Disorder (ASD)
- Attention Deficit and Disruptive Behavior Disorders
- Anxiety and Mood Disorders
- Collaborative Care

Clinical

- Attending Psychiatrist; VCCYF Autism Assessment Clinic and Pediatric Psychiatry Clinic
- Attending Psychiatrist; Central Vermont Medical Center (CVMC) Family Psychiatry Clinic

Teaching

- Supervision of Fellows in the Pediatric Psychiatry Clinic
- Clinical Preceptor for 3rd and 4th year medical students and Pediatric Residents
 - focus on developmentally appropriate diagnostic interviewing of children and families, differential diagnosis of Autism, Developmental Disabilities, and other disorders.

Administrative

- Leads a multidisciplinary team in conducting ASD evaluations
- Co-Site Leader at the CVMC Family Psychiatry Clinic



Dhruv Shah, DO



Clinical

- Outpatient Child Psychiatrist focused on delivering care through the Vermont Family Based Approach

Teaching/Education

- Psychiatry Clerkship for Medical Students
- Positive Psychiatry Seminar for Fellows
- Undergraduate: Sleep and the Brain

Speaking/Conference Engagements

- Wellness and Health Promotion at regional, state, and academic level
 - *Finding harmony in existing practices and spaces: health promotion supervision - an approach and experience with aims to enhance self-care and patient care simultaneously, without adding work.*
 - *In the Spotlight: Sports, Exercise and Mental Health for Social Psychiatrists*
 - *Reward Deficiency Syndrome: Making Use of the Science to Treat Addictive, Impulsive, Compulsive, and Executive Function Deficiency Syndromes (accepted presentation, but ultimately not given due to COVID)*

Previous Research

- Analysis of Opiate Users presenting to Emergency Room using Urine Drug Screen and History
- Substance Misuse and Maternal – Fetal Outcome: A Retrospective Longitudinal Study



Eve Spratt, MD, MSCR



Clinical

- Outpatient Child and Adolescent Psychiatrist focused on delivering high quality care in line with the Vermont Family Based Approach (VFBA)
- Serves as a member of the Child Safe Program
 - Child safe program identifies, treats, and supports children who are suspected to have experiences or are at risk of experiencing abuse and neglect
- Working to reintegrate music lessons for patients as a core pillar for the VFBA
- Piece it Together
 - A program aimed to increase physical activity, learn about healthy habits, and reduce stress for teens and young adults with mental health needs, but all are welcome.

Recent Publications

- Improving Nutrition and Child Development through Home Visitation in Rural Ghana DOI: 10.19080/JOJPH.2022.07.555720



James Tallmadge, PhD



Areas of Interest

- Cognitive Behavioral Evidence-Based Family Therapy
- Psychological Evaluation

Clinical

- Autism Assessment Clinic
- Delivering family-based care through our Child & Adolescent Psychiatry outpatient clinic (VCCYF) using the model of the Vermont Family-Based Approach

Teaching

- Outpatient Family Therapy for the Psychiatry Fellows
- Psychiatry in Schools for the Psychiatry Fellows

Administrative

- Fellowship Clinical Competency Committee, Chair
- Fellowship Clinical Case Conference, Coordinator



Sarah Guth, MD

Areas of Interest

- Perinatal Mental Health
- Parental Depression
- Psychiatric Prevention

Clinical

- Attending Child and Adolescent Psychiatrist
- Attending Perinatal Psychiatrist
- Director of the Vermont Perinatal Psychiatry Consultation Service

Teaching

- Teaches at the Undergrad, Graduate, and Post-Graduate Level (Residents and Fellows)
- Quality Outcome and Improvement; *Klingenstein Third Generation Foundation Medical Student Program*

Research

- University of Vermont Health Services Research Award; *University of Vermont Medical Center Healthy-in-Pregnancy (HIP) Moms*
- Health Resources and Service Administration; *Screening and Treatment for Maternal Depression and Related Behavioral Disorders Program*

Highlighted Publications

- **Guth S**, McGinnis E, Copeland W, Hudziak J. A Pilot Trial of a Health Promotion and Illness Prevention Paradigm in the Perinatal Period. *Matern Child Health J.* 2022 Jan 22. doi: 10.1007/s10995-021-03354-6. Epub ahead of print. PMID: 35064428.
- Kishore A, Sun KL, **Guth SE**, Kolevzon A, Martin A, Child and Adolescent Psychiatry Perceptions and Career Preference: Participation in a National Medical Student Conference Improves Outcomes; *Journal of the American Academy of Child and Adolescent Psychiatry.* 2019, October 1
- Himmelstein R, **Guth S**, Enenbach M, Gleason MM, Stevens H, Glowinski A, Kolevzon A, Martin A. Psychiatry Match Rates Increase After Exposure to a Medical Student Mentorship Program: A Multisite Retrospective Cohort Analysis. *Acad Psychiatry.* 2020 Feb 25:10.1007



Haley McGowan, DO, MA

Clinical and Leadership

- Children's Medical Director for the Vermont Department of Mental Health (DMH)
- Attending Physician - Child and Adolescent Psychiatry, UVMHN
- Child and Adolescent Psychiatry and Psychology Consult Service (CAPPCON)

Teaching and Curriculum Development

- Statewide education initiatives through DMH: Trauma Responsive Care for Emergency Departments; Eating Disorders Education for Schools
- Undergraduate, UVM; *Healthy Brains, Healthy Bodies: Music and the Developing Brain*
- Graduate, LCOM: Unipolar Mood Disorders

Research

- Junior Investigator for the IDeA States Pediatric Clinical Trials Network (ISPCTN); research proposals underway related to Positive Child Health, including parenting and social media interventions.



Colleen Victor, MD, FAAP



Areas of Interest

- Background in both pediatrics and psychiatry, delivers trauma-informed care to children in emergency and inpatient settings

Clinical/Administrative

- Director of the Child & Adolescent Psychiatry and Psychology Consult Program (CAPPCON)
- UVMCH Child Protection Committee
- Howard Center/UVMMC Operations Workgroup

Highlighted Publication

- Daniels, T., **Victor, C.**, Smith, E., Belgrave, C., Robinson, E., Wolff, J., Hunt, J., Brannan, E. 2023. Associations of Restraint and Seclusion with Race and Ethnicity on an Adolescent Inpatient Psychiatry Service. (January 2023). *Journal of the American Academy of Child and Adolescent Psychiatry*. doi: <https://doi.org/10.1016/j.jaac.2022.11.012>



Programs and Courses

Nestled within the University of Vermont and the University of Vermont Health Network, we contribute to programs at the UVMHN and teaching in the Undergraduate and Graduate colleges



The University of Vermont

Child and Adolescent Psychiatry & Psychology Consult Program (CAPPCON) at UVMMC

- Increase access to psychiatry and psychology services for children hospitalized and in the Emergency Department (ED)
- Provide family-centered, trauma-responsive care
- Promote interdisciplinary communication both within the hospital setting and to medical homes for children hospitalized and in the ED
- Develop a family-centered, trauma-responsive delivery system with the goal of turning the experience of a child or adolescent being boarded in the ED into a more positive interaction for both the patient and family



Psychiatry Residency Program (Program Director: Jeremiah Dickerson, MD)

- Core training takes place in academic adult general inpatient and outpatient settings with additional rotations:
 - in community mental health, Veterans Administration settings, and in local primary care practices.
- Two of our five positions are integrated child track positions in which years four and five are spent in our child fellowship program

Training Sites:

- Adult Inpatient at the UVM Medical Center
- Psychiatric Consultation Service
- University Health Center Campus
 - Adult Outpatient Psychiatry
 - Geriatric Psychiatry
 - Mood and Anxiety Disorders Clinic
 - Seneca Center
 - Vermont Center for Children, Youth, and Families
- Burlington Lakeside VA Clinic
- White River Junction VA Medical Center
- Butabika and Mulago Hospitals, Kampala Uganda
- Vermont Psychiatric Care Hospital (elective site)



Child and Adolescent Psychiatry Fellowship (Program Director: Maya Strange, MD)

- Nestled within the Vermont Center for Children, Youth, and Families
- First year of full-time child psychiatry training emphasizes acute care and consult-liaison
- Second year contains additional outpatient experiences and more focused instruction on particular disorders.
- Offers a 3-month inpatient Child & Adolescent Psychiatry rotation at Champlain Valley Physician's Hospital (CVPH) in Plattsburgh, New York, taught by full-time University of Vermont Medical Center faculty.
- Didactics, longitudinal outpatient work, and research training occur throughout the two-year program.



Behavioral Change Health Studies Minor

Courses Offered

- Healthy Brains, Healthy Bodies – COMU1010*
- Mental Health in Pop Culture – COMU2182
- The Effects of Adversity – COMU2230
- The Science of Happiness – COMU2250
- Sleep and the Brain – COMU2500
- Sex, Love, and the Neuroscience of Relationships COMU2310
- Family Wellness Coaching – COMU2220
- Undergraduate Research COMU2995
- Special Topic COMU1990: Coming of Age in Film, Stories, and the Brain

* HBHB meets Catamount Social Sciences General Education Requirement

Instructors

- Dr. Rob Althoff
- Dr. Bill Copeland
- Dr. Andy Rosenfeld
- Dr. Jeff Rettew
- Dr. Dhruv Shah
- Dr. Maya Strange
- Dr. Jeremiah Dickerson
- Dr. Steve Schlozman
- Dr. Masha Ivanova
- Dr. Eve Spratt

What are students in our minor studying?

- Psychology
- Nursing
- Neuroscience
- Public Health Science
- Animal Science
- Health and Society
- Biological Science
- Political Science
- Zoology
- Business Administration
- Communication Sciences and Disorders
- Social Work
- Biology
- Nutrition and Food Sciences
- Human Development and Family Science
- Exercise Science

Healthy Brains, Healthy Bodies
was first offered in Fall 2015

Since then, 5,561 students have
taken the class.

Enrollment

- Fall 2023 – 110 students
- Fall 2022 – 124 students
- Fall 2021 – 98 students
- Fall 2020 – 119 students
- Fall 2019 – 138 students
- Fall 2018 – 144 students
- Fall 2017 – 106 students
- Fall 2016 – 54 students

