



## 2020 MPS OUTSTANDING PSYCHIATRIST AWARDS

### PSYCHIATRIC EDUCATION - Lewis Kirshner, MD, DLFAPA



Dr. Lewis Kirshner received his BA in anthropology with honors and distinction from Wesleyan University. He earned his medical degree at Jefferson Medical College and did his internship at Mt. Zion Hospital in San Francisco. He then pursued a residency in psychiatry on the Albert Einstein College of Medicine service at the Bronx Municipal Hospital Center.

After serving as Captain in the USAF for two years, Dr. Kirshner came to Boston where he did a fellowship at the Harvard University Health Service. He also trained in psychoanalysis at the Boston Psychoanalytic Institute where he later attained the rank of Training and Supervising Analyst.

Dr. Kirshner was certified by the American Board of Psychiatry and Neurology and, also by the Board of Professional Standards of the American Psychoanalytic Association; and is a distinguished life fellow of the American Psychiatric Association.

Dr. Kirshner was founding director of the inpatient psychiatric service at Mt. Auburn Hospital where he served for five years before becoming director of the Metropolitan Beaverbrook Community Mental Health Center. He later moved to the Harvard Community Health Plan in Wellesley where he served for 11 years as Chief of Mental Health Services. During this time, Dr. Kirshner was also developing his private practice of psychotherapy and psychoanalysis.

In 1992, Dr. Kirshner joined the staff of the Brockton VA Medical Center. At that time the Harvard South Shore Psychiatry Residency Training Program was seeking independent accreditation, and Dr. Kirshner was recruited to design and to implement the psychotherapy training module and to serve as part-time faculty on this Harvard Medical School service. He did an excellent job. His teaching was very much appreciated and his consultations highly valued.

Dr. Kirshner held a faculty appointment at Tufts Medical School but in 1976 when he joined the staff of Mt. Auburn Hospital, he was appointed to the Harvard Medical School Faculty. In 2014 he was elevated to the rank of Clinical Professor of Psychiatry at Harvard Medical School. He also held an affiliate Professorship in the Department of Clinical Psychology, University Lyon 2, Lyon, France.

Dr. Kirshner's academic interests included theoretical developments in French psychoanalysis, especially with regard to conceptions of trauma, affect, and narcissism. When working with traumatized patients, Dr. Kirshner advocated an engaged approach which he characterized as "intersubjective."

Dr. Kirshner authored three books: *Having a Life; Between Winnicott and Lacan*; and *Intersubjectivity in Psychoanalysis*. He has also authored over 30 peer-reviewed publications.

He has served on the editorial boards of the Journal of the American Psychoanalytic Association; Frontiers in Neuroscience and Neuropsychanalysis, and the International Journal of Psychoanalysis.

Dr. Kirshner is currently living in the Netherlands (555 Prinseneiland, 1013EC Amsterdam) and continues to do distance teaching and psychotherapy on-line.

We are pleased to present Dr. Lewis Kirshner with the 2020 Massachusetts Psychiatric Society Outstanding Psychiatrist Award for Education especially for his contributions to developing curricula in psychodynamics for residency training.



## **CLINICAL PSYCHIATRY - Nancy Byatt, DO, MS, MBA, FACLP**



Dr. Nancy Byatt graduated from Lehigh University with honorable distinction. She then simultaneously earned degrees at the NY Institute of Technology (MBA) and the NY College of Osteopathic Medicine (DO). She then completed a general psychiatry residency and chief residency at the University of Massachusetts Medical Center followed by a Consultation-Liaison fellowship at Brigham and Women's Hospital. Five years into her career, Dr. Byatt was awarded an MS degree in Clinical Investigation at the University of Massachusetts Graduate School of Biomedical Sciences.

Dr. Byatt has established nationally recognized, groundbreaking clinical programs for the treatment of perinatal mood and anxiety disorders. In her role as a reproductive psychiatric clinician, she has established diagnostic tools, treatment protocols, and ancillary educational services for hundreds of pregnant and postpartum patients. In her role as physician-scientist, she has focused on improving health care systems for the promotion of maternal mental health.

Dr. Byatt is the founder and current director of the Massachusetts Child Psychiatry Access Program (MCPAP) for Moms ([www.mcpapformoms.org](http://www.mcpapformoms.org)). The program addresses the problem of finding psychiatric care for pregnant or postpartum patients who are either exhibiting clinical signs of a mood or anxiety disorder or who have tested positive on a screening tool for depression during the perinatal period. The MCPAP for Moms program helps front-line medical providers learn how to address perinatal mental health and substance use disorders, it provides expert consultation with reproductive psychiatrists, and provides resources and referrals. This program has increased access to mental health care for thousands of perinatal women; become a national model for perinatal mental health care and has had an impact on state and national policies and funding.

Dr. Byatt is also the founder and current executive director of Lifeline4Moms ([www.lifeline4moms](http://www.lifeline4moms)), a center focused on helping the health care community optimize maternal mental health. This program has had ongoing federal funding for research focused on developing scalable interventions for addressing perinatal mental health and substance use disorders in medical settings.

Dr. Byatt's research has led to over 60 peer-reviewed publications and book chapters, over 200 presentations, and numerous national awards including the Gold Service Award from the APA.

She is currently an Associate Professor of Psychiatry, Ob/Gyn, and Population/Quantitative Health Sciences at the UMass Medical School and is the Director of the Division of Women's Mental Health in the UMass Medical School, Dept. of Psychiatry.

Many pregnant or post-partum women's lives and mental health have improved tremendously through the work which Dr. Byatt has done throughout the course of her career. The MPS is pleased to present Dr. Nancy Byatt with the Massachusetts Psychiatric Society Outstanding Psychiatrist Award for Clinical Psychiatry.



## **PUBLIC SECTOR - Sally Reyerer, MD, DFAPA**



Sally A. Reyerer MD, DFAPA is a psychiatrist with over 30 years of experience in community psychiatry, a Distinguished Fellow of the APA, and the incoming President of the Massachusetts Psychiatric Society. Dr. Reyerer attended both Northeastern and Ohio State Universities graduating Cum Laude with a Bachelor of Science from The Ohio State University. She matriculated at the University of Cincinnati College of Medicine where she also received a Laughlin Award from the National Psychiatric Endowment Fund. After completing an internal medicine internship in Cincinnati, she returned to Boston to join the psychiatry residency training program at the Massachusetts Mental Health Center. During her final year of residency training, she served as both the Chief Resident for Mass Mental and the Chief Resident for Medical Student Education at Mass Mental.

After completing residency training, her first job was as an attending psychiatrist at Worcester State Hospital. She then spent the next six years as an attending psychiatrist at Medfield State Hospital and then returned to Mass Mental where she combined consulting work there with outpatient work in psychopharmacology at the Brigham and Women's Hospital. Her dedication to the public sector patient was further solidified when she worked at the Department of Mental Health's Central Office for several years as a special assistant to the State Medical Director. There, she chaired health and wellness initiatives for DMH in the areas of smoking cessation, nutrition, and exercise and became a local leader and national speaker on health and wellness issues. She served on numerous Massachusetts statewide initiatives, committees and boards in DMH, the Department of Public Health, and the Executive Office of Health and Human Services on topics including the roll-out of Medicare Part D, mental health research, safe psychopharmacology practices, nutrition, cardiovascular health, diabetes, substance use, medical error reduction, and other projects.

Dr. Reyerer more recently served as the first Medical Director of Mental Health Services at Bay Cove Human Services, a 50-year-old community mental health and human services organization with origins in the Community Mental Health Center Act of 1963. As Medical Director, Dr. Reyerer functioned as the primary clinical and risk consultant for 1100 individuals receiving DMH community-based services from Bay Cove's multidisciplinary teams. Dr. Reyerer was also the Medical Director of Bay Cove's Michael J. Gill Clinic at the Lemuel Shattuck Hospital which provides treatment for over 400 patients with serious and persistent mental illness, and where she supervised Tufts psychiatry residents as an Assistant Clinical Professor of Tufts Medical School.

She currently serves as co-Principal Investigator on the Integrated Smoking Cessation Project for Individuals with Serious Mental Illness in collaboration with the Massachusetts General Hospital Center for Addiction Medicine. The trial is an \$8 million PCORI-funded pragmatic clinical trial which has introduced evidence-based treatment for smoking cessation into a large publicly-funded community mental health system using Community Health Workers trained and managed by Bay Cove Human Services and Vinfen Corporation and education provided to the primary care providers who treat the participants.

With her extraordinary public service and career devoted to individuals with severe and persistent mentally illness, she is a role model for all of us! The Massachusetts Psychiatric Society is pleased to honor Dr. Reyerer as the 2020 Outstanding Psychiatrist Award in Public Sector!



## **LIFETIME ACHIEVEMENT - Carl Salzman, MD, DLFAPA**



Dr. Carl Salzman is a much-loved teacher of hundreds of residents and thousands of colleagues. He is not only a master psychopharmacologist but also a sophisticated psychotherapist steeped in psychodynamic tradition through his personal analysis and his long association with Dr. Elvin Semrad, first as resident and then as colleague at the Massachusetts Mental Health Center (MMHC).

Dr. Salzman graduated from Union College and the State University of NY, Upstate Medical Center in Syracuse. He did an internship in pediatrics at St. Luke's Hospital in Manhattan and in 1964 came to the Massachusetts Mental Health Center's Harvard affiliated psychiatric residency. He developed an interest in the then emerging field of psychopharmacology and studied with Gerald Klerman and Richard Shader. Following residency and two years directing a psychopharmacology research program at NIMH, Dr. Salzman returned to join the faculty at MMHC where he is today.

Dr. Salzman developed a long-standing educational program in psychopharmacology for psychiatric residents and psychology interns at MMHC. He also developed a highly successful psychopharmacology continuing education program for practicing clinicians. It is held several times per year and attracts participants from around the world. In addition, he has developed teaching programs for the Massachusetts Dept. of Mental Health and has lectured and consulted to many treatment facilities in Massachusetts as well as in New York and all of New England.

Dr. Salzman's research has included studies on benzodiazepines, geriatric psychopharmacology, and the treatment of patients with borderline personality disorder. He has published over 300 peer reviewed articles and 7 books. He has been honored with many visiting professorships and has given invited lectures nationally and internationally. He has served on leading editorial boards including the American Journal of Psychiatry and the Journal of Clinical Psychopharmacology.

Dr. Salzman is now full Professor of Psychiatry at Harvard Medical School. His current teaching activities are at the MMHC and at the Beth Israel Deaconess Medical Center where he is cherished for his stellar efforts in service to students, residents, faculty and patients. Over the years he has received many awards including the MMHC Outstanding Teacher Award, the Outstanding Psychiatrist in Education awards from the Mass Psychiatric Society and from the APA. He also received the national "Best Teacher of the Year" award sponsored by the Psychiatric Times. In addition to his teaching and clinical work, Dr. Salzman has served in many professional leadership positions including President of the Massachusetts Psychiatric Society.

Throughout his academic career, Dr. Salzman has also maintained a clinical practice doing individual dynamic psychotherapy, psychopharmacology, and consultation. He is the doctors' doctor. He feels that a clinical practice is essential to a productive academic and teaching career.

It is with great pleasure and affection that the Massachusetts Psychiatric Society awards its 2020 Lifetime Achievement Award to Dr. Carl Salzman.





## RESEARCH - Olivia Okereke, MD



Dr. Olivia I. Okereke graduated cum laude from Harvard University and earned her medical degree from Yale University School of Medicine. She did her residency training in psychiatry at Massachusetts General/McLean Hospital. She then completed a post-residency fellowship in Geriatric Psychiatry at McLean and also earned a Master of Science degree in epidemiology from the Harvard T. H. Chan School of Public Health. She is Associate Professor of Psychiatry at Harvard Medical School and Associate Professor of Epidemiology at the Harvard T. H. Chan School of Public Health. Dr. Okereke serves as Director of Geriatric Psychiatry and Geriatric Psychiatry Research at the Massachusetts General Hospital.

Dr. Okereke is one of the leading researchers in the field of geriatric psychiatry. Her research seeks to identify modifiable risk factors involved in adverse mental aging and to translate and apply that knowledge to developing strategies for prevention of late-life depression and cognitive decline. Her current research foci include: evaluating the role of dietary factors on the risk of late-life cognitive decline and depression; testing the effects of various nutritional interventions on late-life mood; and exploring the relationship between late-life depression and anxiety and molecular markers of biological aging, with attention to their potential contribution to health disparities. Dr. Okereke's research has been supported by grants from the National Institute of Mental Health, the National Institute on Aging, Harvard University and the Massachusetts Alzheimer's Disease Research Center. She is also a Faculty or Steering Committee member for two NIH-funded R25 training programs in geriatric mental health. She is the author or coauthor of more than 100 peer reviewed scientific publications.

In addition to her research activities, Dr. Okereke is a frequent lecturer across a broad range of clinical and research topics in geriatric psychiatry. In addition to teaching residents and fellows, she gives public talks on aging of the healthy brain to the community, at senior centers, and at Councils on Aging around Massachusetts. She serves on the Board of Directors and the Medical and Scientific Advisory Committee of the MA/NH Chapter of the Alzheimer's Association.

Dr. Okereke has been named a Scholar in the NIMH Advanced Research Institute in Geriatric Mental Health. She has received an award for Okereke excellence for her work as an early career investigator in psychiatric epidemiology from Columbia University. She is a distinguished fellow of the American Association for Geriatric Psychiatry (AAGP) where she serves on the Board of Directors and as Vice Chair of the Research Committee.

In recognition of her work in expanding the knowledge-base in geriatric psychiatry and in helping train the next generation of researchers and clinicians in the field, the Massachusetts Psychiatric Society is please to recognize Dr. Olivia I. Okereke with its 2020 Outstanding Psychiatrist Award in Research.



## **ADVANCEMENT OF THE PROFESSION - Ronald Schouten, MD, JD, DLFAPA**



Ronald Schouten, M.D., J.D. graduated Haverford College, received his law degree from Boston University, and his medical degree from the University of Illinois School of Medicine. He completed his internship in medicine at the Lutheran General Hospital in Park Ridge, Illinois and his residency in psychiatry at the Massachusetts General Hospital and was chief resident at the Massachusetts Mental Health Center. He is board certified in psychiatry and forensic psychiatry.

Currently, Dr. Schouten is Associate Professor of Psychiatry at Harvard Medical School, Founder of the Law and Psychiatry Services at Massachusetts General Hospital (MGH), and Director of the MGH/HMS Forensic Psychiatry Fellowship Program. Additionally, he is recognized as a national and international leader in mental health and its intersection with the law and is a visiting scholar in Behavioral Health at St Elizabeth's Hospital, Washington DC; Consultant, the Federal Bureau of Investigation, National Center for the Analysis of Violent Crimes; Consultant, United States Office of the Director of National Intelligence; and a member of the Risk Assessment Working Group on Joint Terrorism, including the governments of the United States, the United Kingdom, Canada and Australia. Dr. Schouten was the mental health liaison for the Association of Trial Lawyers of America to the September 11 Victims Fund and served on consensus panels drafting guidelines on workplace violence for the FBI and the American Society for Industrial Security.

For over thirty years, Dr. Schouten has taught medico-legal issues to undergraduates, medical students, clinical fellows, and post-doctoral psychologists at the Harvard University School of Arts & Sciences and Harvard Medical School. He has been recognized with the Knowles Scholar Award from Harvard College and was nominee for the Cynthia N. Kettle Medical Student Teaching Award. He has played a key role in the development of a number of innovations in the teaching of forensic mental health issues. These include providing grand rounds educational opportunities for Massachusetts judges, offering continuing education programs for legal professionals, and other medical and non-medical groups in the lay community. Dr. Schouten co-developed and co-taught the Managing Workplace Conflict Program for the Massachusetts Medical Society's Physician Health Service and is Forensic Column Co-Editor for the Harvard Review of Psychiatry. Dr. Schouten is a member of 7 editorial review boards, has written numerous peer reviewed articles, presented media for other professional groups, and has received the Benjamin Franklin Award for the best book in psychology. He is a past president of the Academy of Organizational and Occupational Psychiatry and a Distinguished Life Fellow of the American Psychiatric Association.

The Massachusetts Psychiatric Society is pleased to honor Ronald Schouten with its 2020 Advancement of the Profession Award.



## EARLY CAREER PSYCHIATRY - John Torous, MD



Dr. Torous earned his Bachelor's in Science degree from UC Berkeley (2007) with honors in Electrical Engineering and Computer Sciences. Upon graduation, he received the Bechtel Engineering Achievement Award, the single highest graduation award from Berkeley's College of Engineering. He matriculated at UC San Diego Medical School (2012) and completed his training in general psychiatry at the Harvard Longwood Program (2016). Dr. Torous then became one of two psychiatrists in the country to obtain a Master's in Biomedical Informatics at Harvard Medical School (2016-18), where he also completed a Medical Education Research fellowship (2018-19). He is currently Instructor in Psychiatry at Harvard Medical School and a staff psychiatrist at Beth Israel Deaconess Medical Center, where he is active in residency training.

Dr. Torous is a national and international expert in creating, researching, and delivering clinical innovations in digital psychiatry. His pioneering work in "digital phenotyping," monitoring patients' smartphone signals to identify early signs of relapse and risk, has been supported by NIMH K23 and NARSAD Young Investigator awards. Other innovations include: the Learn, Assess, Manage, Prevent (LAMP) smartphone app for relapse prevention in early psychosis; machine learning and voice analysis of DSM-5 field trial data, conducted while an APA Research Fellow (2018-20); Patient Empowering Technology for Serious Mental Illness (PETS) for use in early course psychosis; new statistical methods for analyzing datasets; a digital clinic using smartphone technology for the advanced care of psychiatric outpatients; a digital health literacy program for patients with serious mental illness (DOORS); and assessment of the first FDA approved digital medication. He is on the World Health Organization's Digital Health Roster of Experts, and the Editor in Chief of the *Journal of Medical Internet Research: Mental Health and Web Editor for JAMA Psychiatry*.

Dr. Torous is also an expert in the safety and ethics of using digital technology in psychiatry. His app evaluation guidelines were adopted by the APA, and he has consulted to the Federal Trade Commission and Health and Human Services about using apps safely. NIMH funded him to develop a national report on apps for care in early psychosis. His co-authored paper "*The Ethical Use of Mobile Health Technology in Clinical Psychiatry*" won the Carol Davis Ethics Award from the APA (2017).

Dr. Torous teaches digital psychiatry and neuroscience at the Harvard Longwood Program, nationally, and internationally. He developed a curriculum in digital psychiatry as well as Psy-Q.com, the largest free online psychiatry educational platform that allows both trainees and educators to collaboratively create multiple choice questions. The platform has been used at over 15 residency programs.

Dr. Torous has published 140 peer-reviewed articles and given many presentations across the country and the globe. He is also a major contributor to organized psychiatry: He co-founded and co-chaired the Health Information Technology Committee at MPS. At APA, he chaired the Mental Health IT Committee, served on the Ad Hoc Registry Oversight Workgroup and the Workgroup on Innovation, and now serves on the Council on Research and the Scientific Program Committee for the 2020 Annual Meeting.

Dr. Torous' trailblazing work has been recognized by numerous awards and honors, including the Outstanding Resident Award from NIMH (2014), the Laughlin Fellowship from the American College of Psychiatrists (2015), the Livingston Award and Dupont/Warren Research Fellowship from HMS (2016), and the Annual Resident Health IT Award from the Massachusetts Medical Society (2016). For his already major contributions in the field of digital psychiatry and his generosity in sharing his expertise and innovations to improve the care of individuals with mental illness and to educate residents and colleagues, Dr. Torous is richly deserving of the Massachusetts Psychiatric Society Outstanding Early Career Psychiatrist Award for 2020.