



OPTIMIZING CARE TODAY AND DEVELOPING THE TREATMENTS OF TOMORROW AT MOUNT SINAI

The Mount Sinai Medical Center's Department of Psychiatry brings the latest breakthroughs from basic genetics and neuroscience research to clinical care today. And through a better understanding of molecular, cellular, and brain circuitry alterations in mental disorders, Mount Sinai researchers are developing the treatments of tomorrow.

With expertise in the most complex and treatment-resistant cases, physicians evaluate and treat children, adolescents, adults, and senior citizens in a variety of settings on the continuum of outpatient and inpatient care. The department is organized around diagnosis-based Centers of Excellence that integrate clinical care with research and education. These centers provide specialized evaluation and treatment for autism, attention deficit and hyperactivity disorder (ADHD), Alzheimer's disease, schizophrenia, bipolar disorder, major depression, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), eating disorders, substance-abuse disorders, and severe personality disorders.

Treatment options are tailored to the needs of the patient, including advanced psychopharmacology, evidence-based psychotherapies, and use of brain-stimulation devices.

Consider, for example, major depression. Roughly 20 million Americans experience major depression in any given year, and between 30 and 45 percent of them have treatment-resistant depression (TRD, defined as lack of improvement after at least two antidepressant treatments). Fifteen percent of those TRD cases may result in suicide.

For patients who reach advanced levels of treatment resistance, Mount Sinai's Mood and Anxiety Disorders Program is a national leader in both conventional

and novel interventions. On staff are several prominent psychopharmacologists and clinical researchers who can handle the most complex and challenging cases of depression. For select patients, electroconvulsive therapy (ECT) can be a life-saving option. This clinical service is led by an ECT expert who is both a consummate clinician and leading researcher. The coordination between physicians, nurses, and administrators supports many success stories for these treatment modalities.

In addition to setting best practices in patient care with available treatments, it is our goal to develop the next generation of better treatments. Every day, world-class scientists at Mount Sinai work to develop more targeted treatments for patients with TRD, based in part on laboratory research. For example, researchers are investigating biosignatures—a collection of genetic, biochemical, and brain-imaging-based biomarkers—with a goal of better understanding their role in guiding clinical treatment. Others are conducting randomized clinical trials with several investigational drugs with the hope that they will produce rapid and more effective relief of depressive symptoms.

Advances in molecular biology, genetics, and basic neuroscience and the development of innovative medical and device therapies have opened a new era in the treatment of depressive disorders and other psychiatric conditions. Together with highly personalized and well-coordinated care, our goal is to establish best practices and develop the most effective treatments for complex cases.

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