



The Department of Psychiatry and  
The Northern New Jersey Medication Assisted Treatment Center of Excellence  
at Rutgers New Jersey Medical School present the:

# Eleventh Annual Conference on Urban mental health

Thursday, November 2, 2023

**RUTGERS**  
New Jersey Medical School

## AGENDA

- 8:00 am Continental Breakfast and Registration
- 8:45 am Welcome and Opening Remarks
- 9:00 am **Spirituality and Religion: Let Us Talk!**  
Rashi Aggarwal, MD
- 9:45 am **Psychospiritual Considerations: Psychosis or Spiritual Awakening**  
Celena Ma, MD and Stephanie Ruthberg, MD
- 10:30 am Morning Snack Break and Networking
- 11:00 am **The Gifts of a Higher Power in a Challenging World**  
Governor Jim McGreevey, JD, M.Ed., MDiv
- 11:45 am **Neurobiological Correlates of Spirituality**  
Ozlem Gunal, MD, PhD and Shreya Bhargava, MS
- 12:30 pm Delicious Lunch and Residents' Research Symposium
- 1:15 pm **Spirituality and Mental Health**  
Father Luke Istananous, MD and Mary-Anne Hennen, MD
- 2:00 pm **Spirituality – The Intersection of Religion and Mental Health**  
John "Calvin" Chatlos, MD
- 2:45 pm Closing Remarks

## CONFERENCE DIRECTORS



**Petros Levounis, MD, MA**, serves as professor and chair of the Department of Psychiatry and associate dean at Rutgers New Jersey Medical School. He is also the president of the American Psychiatric Association and an honorary member of the World Psychiatric Association. Dr. Levounis has published fifteen books including the textbook of "Substance Dependence and Co-Occurring Psychiatric Disorders" and the self-help paperback "Sober Siblings: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself." His books have been translated into French, German, Hungarian, Japanese, Korean, Portuguese, and Spanish.



**Becky Cocito, LSW**, is the program manager of the Northern New Jersey Medication Assisted Treatment Center of Excellence. She graduated from Providence College with a BA in Public and Community Services. After a year serving in AmeriCorps in Albuquerque, NM, Becky returned to New York to work in harm reduction and obtain a MSW from Hunter College. Becky has worked in many capacities with individuals at risk for substance abuse, mental health conditions, and infectious diseases (including HIV and Hepatitis C). While she no longer works directly with patients, Becky enjoys advocating for a community she cares deeply about.

### LEARNING OBJECTIVES

- 1) List differences and similarities between religion and spirituality.
- 2) Name criteria that could be used to differentiate between healthy spiritual experiences and mental disorders of religion content.
- 3) Discuss the role of faith in the path of addressing mental health issues among individuals and communities.
- 4) Distinguish multiple understandings of spirituality and spiritual experiences.
- 5) Define spiritual crisis and spiritual emergency.
- 6) Identify characteristics of psychosis related to spirituality.

### QUESTIONS?

If a participant or potential participant has a question or concern about their experience with this continuing education activity, they may e-mail the UBHC Center for Continuing Education at [cee@ubhc.rutgers.edu](mailto:cee@ubhc.rutgers.edu). For additional program information or if you require special arrangements to attend this activity please contact Lisette Nazario at 973-972-9917.

## SPEAKERS



**Governor Jim McGreevey, JD, M.Ed., MDiv**, serves as Chairman, New Jersey Reentry Corporation, which provides critically needed services to persons returning from incarceration. Jim served as Executive Director, Jersey City Employment & Training Program, which manages "One-Stop" workforce training center. He led the women's counseling initiative at Hudson County Correctional Center. Having studied at General Theological Seminary, his field education was at Exodus Transitional Ministry, Harlem, New York City. Jim previously served as New Jersey Governor, State Legislator, and Mayor, Woodbridge Township. He served with Merck and Company; NJ State Parole Board; NJ Assembly Majority Office; and Middlesex County Office of the Prosecutor



**Father Doctor Luke Istananous, MD**, is an assistant professor of the Psychiatry Voluntary Faculty at Rutgers New Jersey Medical School. He completed his residency training in 2004 at Rutgers NJMS and remained an attending psychiatrist until 2010. He felt called to become a priest in the Coptic Orthodox Church and later founded and medically directed St. Luke's Behavioral Community and Health Services, a Christian faith-based psychiatric outpatient and independent nonprofit organization located in Belleville, NJ. The facility offers services to the public free of charge and is self-funded by private donors. Father Istananous recognizes the best standard of care includes all aspects of the individual, the bio-psycho-socio-spiritual.



**Rashi Aggarwal, MD**, is a professor, the residency program director, and a C-L psychiatrist in the Department of Psychiatry at Rutgers NJMS. Her residency was at Maimonides Medical Center and her fellowship, in Consultation-Liaison psychiatry, was at Mount Sinai Hospital in New York. She has dedicated her passion for teaching and advocacy to increasing awareness about physician wellbeing. She is a deputy editor for Academic Psychiatry. She currently serves on the APA's Council on Medical Education and Lifelong Learning and is the program chair for AADPRT's annual meeting in 2024.



**John "Calvin" Chatlos, MD**, is an associate professor in the Department of Psychiatry at Rutgers-RJMS, medical director of the Ambulatory Withdrawal Management Program and the outpatient Specialized Addiction Treatment Services Program. He completed his internship at Johns Hopkins Hospital, his psychiatry residency at Bellevue-NYU, and his fellowship in Child & Adolescent psychiatry at Columbia University. He authored chapters on adolescent dual diagnosis in the first ASAM textbook and multiple book chapters on adolescent substance abuse. His work with 12 Step programs has led to exploring the nature of spiritual experience.



**Celena Ma, MD**, is a psychiatry resident at Rutgers NJMS. She attended college at Tufts University and medical school at Rutgers New Jersey Medical School. Her current areas of interest include emergency psychiatry, consultation-liaison psychiatry, and working with the adolescent population. She is committed to providing mental health support for vulnerable patients and populations, and she hopes to continue this work in her future career.



**Stephanie Ruthberg, MD**, is a psychiatry resident at Rutgers NJMS. She graduated from Washington University in St. Louis, where she studied psychology, international studies, and fine art, and attended Rutgers New Jersey Medical School for medical school. What she loves most about psychiatry is hearing peoples' stories and being able to help others through vulnerabilities. Her current areas of interest include emergency psychiatry, consultation-liaison psychiatry, trauma-informed care, and addiction. She is committed to serving a diverse population through treatment and advocacy.



**Mary-Anne Hennen, MD**, is a PGY-IV and one of the Psychiatry Chief Residents at Rutgers New Jersey Medical School. She is Coptic Egyptian and was born and raised in Old Bridge, New Jersey. She graduated magna cum laude with a B.A. degree with a major focus in Biological Sciences and a minor focus in French from Rutgers University in 2015. She went on to earn her M.D. degree from Rutgers New Jersey Medical School in 2020, and has continued her professional training as a psychiatry resident at her alma mater. Her career interests include academia, diversity equity and inclusion, advocacy, and Consultation-Liaison Psychiatry.



**Ozlem Bozdagl Gunal, MD, PhD**, is an Assistant Professor of Psychiatry at the Rutgers New Jersey Medical School. Dr. Gunal's research identifies the molecular mechanisms underlying neuropsychiatric disorders, including autism, intellectual disability, and addiction behavior. Her laboratory efforts combine electrophysiology, molecular biology, biochemistry, pharmacology, neuronal morphology, and behavioral characterization to translate basic neurobiology findings into effective treatments. Dr. Gunal's research is supported through grants from foundations and the National Institute of Mental Health, she has over 100 journal and conference publications.



**Shreya Bhargava, MS**, is a second-year Biomedical Sciences medical student specializing in Neuroscience and is enrolled in the Rutgers Biomedical Research Scholar track. She holds a B.S. in Biology from Drury University and was a pathology lab technician at Mercy Hospital in Springfield, MO for two years. Shreya aspires to make significant contributions to the biotech/pharma sector on advancing the field's understanding of neuropsychiatric disorders and holistic treatments.