

May 15, 2008

PROMOTION RECOMMENDATION  
UNIVERSITY OF MICHIGAN MEDICAL SCHOOL  
DEPARTMENT OF PSYCHIATRY

Kirk J. Brower, M.D., Associate Professor of Psychiatry, with tenure, Department of Psychiatry, Medical School, is recommended for promotion to Professor of Psychiatry, with tenure, Department of Psychiatry, Medical School.

Academic Degrees:

M.D.	1981	California College of Medicine, University of California, Irvine
B.A.	1976	University of California, Los Angeles

Professional Record:

1994-present	Associate Professor of Psychiatry, University of Michigan
1989–1994	Assistant Professor of Psychiatry, University of Michigan
1986–1989	Instructor of Psychiatry, University of Michigan
1985–1986	Assistant Professor in Residence, Department of Psychiatry and Biobehavioral Sciences, UCLA

Teaching: Dr. Brower started and directs the Addiction Psychiatry Fellowship Program, accredited by ACGME since 1997, and re-accredited last year for five more years. The program has enrolled 11 psychiatrists, two of which are currently completing the program. One fellow discontinued training for medical reasons. Seven of the remaining eight completed the program successfully, and five of six who have had the opportunity to take the Board Exam in Addiction Psychiatry have passed to date. As a medical specialty training program (Drug/Alcohol Abuse), the University of Michigan was ranked among the top schools by *U.S. News & World Report* at least twice in the past five years: In 2002 and 2005, the rankings were 10 and 14, respectively.

Research: Dr. Brower's major area of expertise is the effect of alcohol on sleep among alcohol-dependent patients. He was awarded a five-year R01 grant from NIAAA this year to study medications and mechanisms of sleep disturbances in alcohol-dependent individuals. The grant application received a score of 130 (2.8 percentile). He is also the recipient of two consecutive 5-year NIAAA Career Investigator Awards (K24). The psychiatric and addictive effects of anabolic-androgenic steroids are another area of major expertise.

A first-authored paper in 1998 showed a significant relationship between baseline sleep disturbances and subsequent relapse to drinking in alcohol-dependent patients. Consistent with findings published concurrently by other investigators, this study was the largest and only one to include both subjective and polysomnographic measures of sleep. Hypothesizing that gabapentin would prevent relapse by aiding sleep, Dr. Brower conducted and completed the first and only double-blind, randomized clinical trial (RCT) of gabapentin vs. placebo to demonstrate efficacy for improving alcohol treatment outcomes. Prior to this pilot study, only case reports and open trials, including his, suggested efficacy. Efficacy for improved sleep, however, was equivocal.

Dr. Brower has co-authored chapters in leading psychiatry textbooks (Sadock & Sadock's *Comprehensive Textbook of Psychiatry*, 8th ed., 2005; Galanter & Kleber's *Textbook of Substance Abuse Treatment*, 3rd ed., American Psychiatric Press, 2005) and testified before the U.S. Congressional Committee of Government Reform in 2005.

#### Recent and Significant Publications:

Wong MM, Brower KJ, Fitzgerald HE, Zucker RA: Sleep problems in childhood and early onset of alcohol and other drug use in adolescence. *Alcohol Clin Exp Res* 28: 578-587, 2004.

Brower KJ: Insomnia, alcoholism and relapse. *Sleep Med Rev* 7(6):523-539, 2003.

Brower KJ: Anabolic steroid abuse and dependence. *Curr Psychiatry Rep* 4: 377-387, 2002.

Brower KJ, Aldrich MS, Robinson EAR, Zucker RA, Greden JF: Insomnia, self-medication, and relapse to alcoholism. *Am J Psychiatry* 158: 399-404, 2001.

Brower KJ, Aldrich MS, Hall JM: Polysomnographic and subjective sleep predictors of alcoholic relapse. *Alcohol Clin Exp Res* 22:1864-1871, 1998.

Service: Dr. Brower is on the editorial board of a high-impact U.S. alcoholism journal, *Alcoholism: Clinical and Experimental Research*, the official journal of the Research Society on Alcoholism (RSA). He is a member of RSA's Education Committee and Chair of its Gordis Awards Subcommittee which selects the best poster presentations each year by students and post-doctoral fellows. He is a member of the Program Committee for the American Academy of Addiction Psychiatry. He is also a member of the NIH Initial Review Group (AA-3: Clinical and Treatment Subcommittee) and has chaired several Special Emphasis Panels.

Professional Work: Dr. Brower is the only full-time addiction psychiatrist employed at the University of Michigan Health System, outside of the Ann Arbor VA Healthcare System. Given the huge medical burden of substance use disorders in the U.S., this is highly significant. Since 1991, he has directed a large (~10,150 visits/yr) treatment center for substance use disorders at UMHS. He is Executive Director of UM Addiction Treatment Services (UMATS), which is an essential site for clinical research and educating medical students, residents, fellows, social work interns, and nursing students.

#### External Review:

Reviewer A: "Dr. Brower has made important and scholarly contributions that have led the field in furthering the understanding of the treatment of substance use disorders and the relationship between sleep disturbance, alcohol dependence and relapse...He is an excellent teacher and is generous with his time in mentoring others."

Reviewer B: “Dr. Brower has had a major impact in our field...Kirk stands out as an academician who also understands the realities involved in the treatment of substance use disorders, a level of knowledge that shines through in his publications, as well as through his presentations and abstracts.”

Reviewer C: “...Dr. Brower has been recognized as one of the few international authorities on alcohol and sleep...he has done significant clinical, administrative and teaching work in the area of addictions...most medical schools would be eager to have a person like Dr. Brower on their faculty to replicate what has been done at your institution...I know several who have credited their careers to the strong mentoring capabilities of Dr. Brower. He takes mentoring and young investigator development seriously – truly a fundamental value for a full professor.”

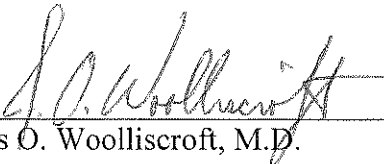
Reviewer D: “In my opinion he can be ranked among the best researchers in the field of alcohol and drug related problems, especially as regards sleep disorders in alcohol addiction.... With his experience, skills and achievements he undoubtedly would be appointed as Professor [at my institution].”

Reviewer E: “He is well-known as an excellent educator, administrator, a good colleague, and a productive physician-scientist...My enthusiasm for Dr. Brower is high, and I sincerely recommend him for this promotion at your University. I believe he will continue to be a substantial asset to your institution.”

Reviewer F: “Year after year, he has participated on multiple committees at the University of Michigan as well as at the national level, which have addressed a wide variety of issues of importance to the educational mission of the University and the field of addiction treatment....There is a critical shortage of highly skilled, productive academic psychiatrists with expertise in addiction, and I imagine Dr. Brower would be a welcome addition at many other top tier Psychiatry Departments.”

Summary of Recommendation:

Dr. Brower is an established clinical researcher in addiction psychiatry with an emphasis on improving treatment for substance use disorders. He studies outcomes, predictors of outcomes, and clinical interventions. He has made important and scholarly contributions that have led the field in furthering the understanding of the treatment of substance use disorders and the relationship between sleep disturbance, alcohol dependence and relapse. I am pleased to recommend Kirk J. Brower, M.D., for promotion to Professor of Psychiatry.



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James O. Woolliscroft, M.D.

Dean

*Lyle C. Roll Professor of Medicine*

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