

November/December, 2010

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Greetings from the Chair

Dear colleagues,

As the holiday season approaches, I'd like to take this opportunity to thank you for your work in the past year. May your holiday season and the new year be filled with joy, happiness and good health. I look forward to working with you in the coming year. Warmest wishes!

Doug

Calendar

(Check the [announcements](#) section for more event info.)

Jan 5: Next department meeting. Noon-1 p.m., Faculty Conference Room. See you there!

Headlines

Greg Seward, MSHCA, LADC-I, CTTS-M, CADC, LSW, was recently interviewed on WTAG's *The Jim Polito Show* regarding November 18th's Great American Smokeout and gave helpful tips and information on quitting smoking. [Listen to the audio...](#)

There is a clever saying that's sometimes used to sum up human predisposition to disease: "Genetics loads the gun and environment pulls the trigger." **Paul Gardner PhD, Andrew Tapper PhD**, and GSBS student **Reina Improgo** are studying three genes that produce a specific type of nicotine receptor that not only increases a person's likelihood of developing nicotine addiction, but also increases a person's risk for developing lung cancer. Read the [article](#).

JEFFREY GELLER MD, MPH offered outsider's perspective in a Burlington Free Press [article](#) examining the problems facing Vermont State Hospital and its future. Dr. Geller was hired to monitor the hospital's progress complying with a 2006 Justice Department court settlement.

JOANNE NICHOLSON PhD leads international effort to help parents with mental illness. Read the [article](#) in December 10 *Focus on UMassMed Now*.

RUTHANN RIZZI MD's essay, "Hidden Disparities in Mental Health Care for Medical Students:

A Local Perspective," is published in the November/December 2010 issue of *Worcester Medicine*. "As a school-based service, we directly impact and educate the medical school (and the larger medical environment) regarding the most pressing issues concerning the mental health of medical students." Read the [essay](#).

Recognitions

GERI FUHRMANN PsyD, with Robert Kinscherff PhD JD, spoke at the MBA Annual Family Law Conference on Identifying and Addressing Issues of Mental Health and Substance Abuse in Family Law Cases.

LINDA CAVALLERO PhD presented at the Association of Family and Conciliation Courts' Ninth Symposium on Child Custody Evaluations, Boston, MA, Oct. 2010 on the topic of "Integrating Research into Clinical Practice: Survey Results of Brief Focused Assessments." Dr. Cavallero also presented at the Massachusetts Association of Guardians ad Litem, In the Best Interest of the Child Series, The Myth of Neutrality: Recognizing Bias in GAL Evaluations, Weston, MA, October 2010, Panel: Bias at work—perspectives from the bench, in professional training, and in specialty areas of evaluation.

JESSICA GRIFFIN PsyD presented the workshop "After the Evaluation: Trauma Focused Cognitive Behavior Therapy, Evidence-Based Treatment for Traumatized Children" at the Association of Family and Conciliation Courts, Ninth Symposium on Child Custody Evaluations, Cambridge, MA, Oct. 2010.

TONY ROTHSCILD MD'S book *Clinical Manual for the Diagnosis and Treatment of Psychotic Depression* selected as book of the month in October on [Psychiatry Online](#). A website of the American Psychiatric Association, Psychiatry Online is used as a resource for the Psychiatry Resident-in-Training® Examination (PRITE®) and the Psychiatrists In-Practice Examination® (PIPE) by The American College of Psychiatrists®.

KRISTINA DELIGIANNIDIS MD recently attended the Seventh Annual Interdisciplinary Women's Health Research Symposium at the NIH in Bethesda, MD. The symposium was sponsored by the Office of Research on Women's Health and featured "interdisciplinary research findings in women's health and studies on how sex/gender factors contribute to health and disease." Dr. Vivian Pinn moderated the symposium and Alan Guttmacher, MD, Director, Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) gave the keynote speech. It was a fantastic opportunity to speak with researchers across the U.S. and at several NIH institutes who are investigating gender and sex factors affecting women's health.

The Great American Smokeout encourages tobacco users to attempt 24 hours without tobacco. This 24-hour period can be an excellent "headstart" to being tobacco-free for good. Our Medical Center [Tobacco Consultation Service](#) recently served a 92-year old patient who had smoked for more than 70 years. Five years ago, while here as a patient, she was offered the nicotine patch to avoid withdrawal. This patient's 24 hour "headstart" resulted in breaking an addiction of 70 years. This is the potential of the Great American Smokeout. Every tobacco-free life begins one day at a time.

The **Issue Briefs** website is officially live! All 45 past issues are available: <http://escholarship.umassmed.edu/pib>. You can also access it from our own website: www.umassmed.edu/Psychiatry—resources—Issue Briefs. We are grateful to have partnered with the library on this project. **Lisa Palmer** and **Len Levin**, in particular, have done an amazing job listening to our needs and helping us get there. We also thank our own team (**Kate Biebel PhD**, **Randi Segatore**, and **Suzanne Garverich BA**) for their vision and spirit of collaboration! Please visit often for more upcoming issues!

KRISTINA DELIGIANNIDIS MD's submission to the AADPRT Model Curriculum Committee, a Multimodal Psychopharmacology Curriculum for Major Depression, has been peer-reviewed and selected by the committee as a national Model Curriculum. It will be available online in the Virtual Training Office on the AADPRT website for psychiatry residency programs to use in training residents at over 150 programs nationwide. In 2008, 23 residents and fellows representing 19 residency programs nationally were nominated to the American Society of Clinical Psychopharmacology (ASCP) Resident and Fellow Committee. Dr. Deligiannidis was nominated from UMMS, and led the team of 10 residents/fellows on the depression curriculum committee in the development of this curriculum.

KRISTINA DELIGIANNIDIS MD presented at the 2010 Annual Meeting of the American College of Neuropsychopharmacology (ACNP), "A Gender Analysis of the NIMH Study of the Pharmacotherapy of Psychotic Depression (STOP-PD)" along with **Anthony J. Rothschild MD**, **Bruce A. Barton PhD**, **Barnett S. Meyers MD**, **Alastair J. Flint MD**, **Ellen M. Whyte MD**, and **Benoit H. Mulsant MD**. This analysis was done in collaboration with Dr. Barton from Quantitative Health Sciences (QHS) at UMMS.

Announcements

The November and December department meeting minutes are now [online](#) in PDF format.

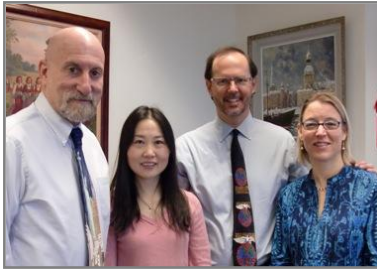
January

Parents Apart two-day, five-hour seminars to be held Jan. 3 & 4, 2011, from 5:30 to 8:00 p.m., and Jan. 24 & 25, 2011, from 4:30 to 7 p.m. Each two-day seminar is specifically designed to assist parents in understanding the impact of divorce on children and provide them with the skills and tools necessary to lessen this impact. Call 508-793-6336 to register.

Global

Our **Global website** is live now! Please visit [here](#) (or type the URL www.umassmed.edu/Psychiatry/Global.aspx to see where your colleagues have been, who has visited us from around the globe, where our current visiting scholars are from and what they are doing here. You could also find funding opportunities and important things to know when planning your international travel!

The screenshot shows the 'Global Initiatives' page of the Department of Psychiatry at the University of Massachusetts Medical School. The page has a blue and white color scheme. The header includes the university logo and a search bar. The main content area is titled 'Global Initiatives' and contains several sections: 'Global Projects', 'Visiting Scholars', 'Where Have We Been?', 'Funding Opportunities', 'International Travel', and 'Global Resources'. A sidebar on the right contains a search bar and a list of recent news items, including a mention of Dr. J. J. Mann and a link to a ScienceNOW article.



In November, 2010, **MA Wenlin MD PhD**, visited UMass campus and met with some professors in our department. Dr. Ma is associate physician and associate professor in the Division of Cardiology, Department of Medicine, Tongji University School of Medicine in Shanghai, China. She is interested in coronary artery heart disease patients with depression. She discussed with Drs. Doug Ziedonis, Lisa Mistler, Jeffrey Geller, Tony Rothschild, and Kristina Deligiannidis on questions about depression-related intervention for cardiac patients.



We are pleased to introduce **FU Yixiao MD** to you. Dr. Fu is a child psychiatrist in children's mental health and parapsychology from Chongqing Medical University in China. She has ten years of experience and has seen many patients of schizophrenia, mood disorders, and neurosis. Dr. Fu will stay with us for 6 months as visiting scholar. She will spend time with Dr. Jean Frazier and the CANDI lab. During her stay, she hopes to learn more about early onset bipolar disorder and to hone her research skills so that she can take this expertise back to China. She loves children, exercise, and music. We all are particularly enthused about her visit and look forward to learning much about Chinese Psychiatry as well. Her interests have the potential to increase the faculty and staff's understanding of different areas of psychiatry. We look forward to initiating collaborations that will lead to many future partnerships.

Wellness

Tips for relieving stress in the workplace

By Fernando DeTorrijos, director of mindfulness programs in psychiatry

Most people don't realize that it's normal to have some stress. It releases hormones such as adrenaline, which increases your heart rate and gives your body constant tension. This makes the body alert and engaged to do things such as make a deadline or get to a meeting on time. Constant stress though can weaken your immune system and make you more likely to get sick. It can also make an existing health problem worse. The following stress relievers release endorphins from the body that can clean out built-up adrenaline.

- **Focus on the here and now.** If your mind is racing in 1,000 different directions, it's in a constant state of anticipation. Help your mind move to the here and now by paying attention to your breathing.
- **Change the scenery.** Instead of eating lunch at your desk, eat it outside or sit in the break room and enjoy lunch and a healthy conversation with your colleagues.
- **Take breaks during the day.** While we all have deadlines, it doesn't mean that all the work has to be completed at once. Take a few minutes to stretch your legs or go for a walk.
- **Be real.** Set realistic deadlines to avoid feeling overwhelmed. Prioritize your workload and focus on the most important items first.
- **Create a balance.** It's important to have a work-life balance to avoid undue stress and burnout. Set aside some time to go to the gym, engage in a hobby or socialize with friends.

It's important to remember that no one is ever completely in control of a situation, but by bringing your mind and body into the here and now, it allows you to better cope with whatever is thrown your way.

Are you thinking about a New Year's Resolution?

The Romans named the first month of the year Janus after the God of beginnings. Thus January for many has become the time to reflect on the past and the future. Did you accomplish everything you had wanted in 2010? What would you like to achieve in 2011? Would you like to reduce stress, stop smoking, manage debt, get fit, lose weight, take a trip, or save money? Now is the time to make preparations to reach your goal. The following websites can help you.

Department of Psychiatry Wellness Webpage
<http://www.umassmed.edu/psychiatry/wellness.aspx>

USA.gov is the U.S. government's official web portal
http://www.usa.gov/Citizen/Topics/New_Years_Resolutions.shtml

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