

October, 2010

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Greetings from the Chair

I would like to comment on two very successful events held in the month of October. **Research Day** was another great event to showcase our faculty and staff's expertise and passion. The **Be Mentally Well** lecture was extremely well-received by the community. We reached out to a broader audience with much-needed information that may benefit many families. I want to thank our faculty speakers, poster presenters, staff, and those who attended for your support. Also a big thank-you to Drs. Jean King and Laura Myers for their dedication and leadership. Both events received a great deal of attention from the UMass leadership and were covered by the UMMS Office of Communications. I strongly encourage you to read the stories on [Research Day](#) and [Be Mentally Well](#) on UMassMedNow.

You will be hearing from the school and hospital regarding the annual COMECC and United Way fundraising effort. The Commonwealth of Massachusetts Employee Charitable Campaign (COMECC) campaign will begin in November. Our departmental representative for 2010 will be [Diane George](#). The United Way campaign is led by Dr. Eric Dickson and held via email correspondence to UMass Memorial Medical Center employees. Departmental contact for United Way questions for 2010 will be [Denise Barrett](#).

Doug

Calendar

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

Nov 3: Next department meeting. Noon-1 p.m., Faculty Conference Room. See you there!

Nov 3: Be Well Lecture. 6-7 p.m., Aaron Lazare Medical Research Building—Blais Pavilion.

Nov 4: Webinar “Young Adult and Youth Involvement in Mental Health Services Research: Making it Real.” 2-3 p.m. To register:
<https://www3.gotomeeting.com/register/629484190>.

Nov 11: Veteran's Day. Holiday for Medical School and Hospital employees.

Nov 16: Tobacco Cessation in Behavioral Health Settings, the Connecticut statewide conference. **DOUG ZIEDONIS MD, MPH** as keynote speaker.

Headlines

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DANIEL FALLON MD selected to receive an American Academy of Child and Adolescent Psychiatry (AACAP) Pilot Research Award, supported by Lilly USA, LLC.

UMass Memorial Health Center to be presented with Commissioner's Award at the State House beginning at 10 a.m. on Nov 17. The award is to honor its efforts toward policy implementation and clinical work with tobacco in which our **tobacco team** has been actively involved.

NANCY BYATT MD received Faculty Teaching Award. Some nomination comments are: "very welcoming when we first started...", "an enthusiastic attending who spent time with the students and always explained relevant information," "a great mix of empathy and efficiency. Clearly like to teach and it shows," and "energetic and great teacher, able to talk about psychiatry on a level that 3rd year students can appreciate and learn from."

ANKUR BUTALA MD received Medical Student Teaching Award. His nomination included such remarks: "His enthusiasm for his work really comes through." "In addition to giving a great lecture,...he also spent 2 hours talking with me about psychiatry topics. He was very approachable and a great fund of knowledge." "Particularly good at making sure students got good exposure to patients/clinical situations. Proactively reached out to me to help me fill a gap in my education. Answers questions thoughtfully, can turn almost anything into a teaching moment (in a good way)."

TOM GRISSO PhD and **VAL WILLIAMS MA MS** recently presented at the Juvenile Detention Centers Association of Pennsylvania's (JDCAP) Annual Conference, *Detention an Intervention*. This conference was, in part, a celebration of PA's 10th anniversary of using the Massachusetts Youth Screening Instrument, version 2 (MAYSI-2) in juvenile detention statewide. Their presentations spotlighted this state's significant contributions to the MAYSI-2 knowledge base as well as its widespread influence on mental health screening in juvenile justice.

Announcements

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

November

Be Well Lecture—Unlocking the Potential: The Impact of Tobacco Use on All of Us. Featuring our own **Greg Seward MSHCA LADC-I CTTS-M CADC LSW** and **Ryan Coffman MPH CHES CTTS-M**, **Nov. 3**, 6-7 p.m., Aaron Lazare Medical Research Building—Blais Pavilion. Greg and Ryan will also be presenting on **Nov. 18** at the [Lung Cancer: Hope, Health and Healing for UMass Memorial](#) program in the Faculty Conference Room and **Nov. 19** at the [Interspecialty Grand Rounds](#) at 8 a.m. in the Amphitheater at Memorial campus.

The **Transitions Research and Training Center** to present **webinar: "Young Adult and Youth Involvement in Mental Health Services Research: Making it Real,"** Thursday, **Nov. 4, 2-3 p.m.** This webinar features **JONATHAN DELMAN JD, MPH, PhD (cand.)**, associate director of Participatory Action Research for the Transitions RTC and founding executive director of Consumer Quality Initiatives, Inc. (CQI). Mr. Delman will present an overview of community based participatory action research while also discussing the foundational principles of working with young adults with lived experience. The presentation is based on over 10 years of experience in working with young adults as data collectors, analysts, and writers at both CQI and the Transitions RTC. Young adult staff members of the Transitions RTC will also provide input from their experiences working on a research project. This webinar is targeted to formal researchers and program evaluators, as well as anyone who is interested in bringing the voice of transition age youth and young adults to their research or services. Click here to register: <https://www3.gotomeeting.com/register/629484190>

DOUG ZIEDONIS MD, MPH to be keynote speaker **Nov. 16** at Tobacco Cessation in Behavioral Health Settings, the Connecticut statewide conference on treating tobacco addiction in behavioral health settings. Also presenting in subsequent sessions will be **Greg Seward MSHCA LADC-I CTTS-M CADC**, **Ryan Coffman MPH CHES CTTS-M**, **Fernando de Torrijos M-CTTS**, **Monika Kolodziej PhD**, and **Sarah Baker**. For more information, visit [CommuniCare](#).

Global

Oct. 27, a 90-minute **UMass-U Athens International Seminar** was successfully held via videoconferencing. Led by **Dr. Sheldon Benjamin**, the seminar connected our residents and those at the University of Athens, Greece, focusing on comparison of residents' attitudes toward involuntary treatment of seriously mentally ill individuals. Residents in both countries were prepared for the seminar in advance, including being anonymously surveyed about their level of use of technology in psychiatry practice and their attitudes and training regarding involuntary treatment. During the seminar, "Out of the Shadows," an 8-minute video clip was shown and then residents from each program responded to questions concerning how they would make the difficult treatment decisions called for in the clip. A resident and several faculty members from both sides were also involved and/or participated in the seminar, including **Dr. Wynne Morgan**, **Dr. Sheldon Benjamin**, and **Dr. Debra Pinals**, DMH Assistant Commissioner of Forensic Mental Health Services.

DR. MA Wenlin is currently visiting the UMass Medical School from **Tongji University School of Medicine, Shanghai, China**. Drs. Doug Ziedonis, Nanyin Zhang, and Jennifer Wu visited her university during their April trip to China and met with the chair of its Department of Psychiatry and other university leaders. Dr. Ma is here for a month and is interested in coronary artery heart disease patients with depression. She will visit the Depression Specialty Clinic next week and explore common interest and collaboration opportunities.

Wellness

November 18th is the **Great American Smokeout**. This is a good time to quit smoking or get ready to quit. The U.S. Surgeon General has stated, "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives." In addition, family member's health is also greatly improved. A child living in a smoke-free environment is less likely to develop asthma, allergies, bronchitis, pneumonia, ear infections, lower respiratory tract infections or die from Sudden Infant Death Syndrome. Decreased exposure to secondhand smoke also leads to a lower risk of heart disease and lung cancer for the nonsmoking adults in the family. Remember, health benefits begin as soon as 20 minutes after quitting. When you quit smoking you will be healthier, look better, have more money and your family and friends will be healthier too.

The Department of Psychiatry Wellness Initiative and Tobacco Consultation Service, in collaboration with the City of Worcester Division of Public Health, have developed the [Worcester Community Smoking Cessation Resource Guide](#) to help you become tobacco-free. Visit the [Wellness Initiative webpage](#) for additional tobacco information and resources.

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