

September, 2010

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Greetings from the Chair

September has brought us a great beginning to the new season of Grand Rounds. The new time, location, and addition of videoconferencing to offsite locations has been well received. I encourage you to use videoconferencing for your other activities if it can improve the quality of the interactions.

Doug

Calendar

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

October is National Mental Illness Awareness and National Depression Education and Awareness Month

Sep 30: DUE DATE - E-Learning 4U 2010 Annual Required Education (Carol DeCoursey)

Oct 6: Next department meeting noon-1 p.m., Faculty Conference Room. See you there!

Oct 11: Columbus Day. Holiday for Medical School and Hospital employees.

Oct 13: 2010 Psychiatry Research Day. 11 a.m.-5:30 p.m., Faculty Conference Room.

Oct 20: Be Mentally Well lecture. 6:30-8:30 p.m., Amphitheater 1, UMass Campus.

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

Headlines



LAURA MYERS MSW EdD contributes remarks at the topping-off ceremony held at the site of the new Worcester State Hospital on August 14, 2010. [Read](#) the article...

NEGAR BEHESHTI MD gave an overview in a recent interview with CBS 3, Springfield, of why children bully. She explained the signs to look for to determine if a child is a victim of bullying and provided tips on how children can handle bullies. Watch the [segment](#).

LISA FORTUNA MD MPH explains how social and emotional factors may exacerbate the risk of problem behaviors that interfere with learning. Dr. Fortuna also mentioned a longitudinal study she conducted on literacy pathways to academic success in light of childhood adversity. Read the [article](#).

"Often a patient with depression will come in, very reluctant to try medication," states **Anthony Rothschild MD**, as quoted in *WebMD* article "How Long Should You Take Antidepressants?" Read the [article](#). Also quoted in a separate *WebMD* article, "Coming to Terms with Depression", Dr. Rothschild states, "There is nothing worse than depression." Read the [article](#).

Depression Specialty Clinic featured in August 9 *News & Views Extra*. Read the [article](#) under Behind the Scenes.

Recognitions

DAVID COCHRAN MD has been selected to receive the 2010 Systems of Care Special Program scholarship provided by the American Academy of Child & Adolescent Psychiatry and supported by the Center for Mental Health Services (CMHS).

PAUL GARDNER PhD, associate professor of Psychiatry, was elected to serve a three-year term on the Personnel Action Committee. The committee advises on personnel actions including, but not limited to, rank and duration of initial appointment, reappointments and promotions within the School of Medicine.

SCHAHRAM AKBARIAN MD PhD selected as a member of the NARSAD Scientific Council. The Scientific Council ensures that NARSAD supports the most significant and relevant research. Members work without remuneration to develop research policy, review all accepted proposals, and provide funding recommendations. Membership in this council is highly selective. Past and current members on the Scientific Council include three Nobel Prize recipients and five directors of the National Institute of Mental Health.

GREG SEWARD MSHCA LADC-I CTTS-M presented on "Engaging Clients in Motivation-Based Treatments for Tobacco and Nicotine Dependence" at the 23rd annual Cape Cod Symposium on Addictive Disorders, Sept. 9-12.

Forensic eLearning Course, [Navigating the Intersection of Mental Illness and the Justice System in Massachusetts](#), was co-designed by **Ira K. Packer PhD** and developed as part of a Federal Community Mental Health Services Block Grant and a contract between the Department of Mental Health and the University of Massachusetts Medical School. Read the article in August 2010 DMH Connections.

LISA MISTLER MD MS contributes to the new white paper, "First Steps and Beyond: Incorporating Shared Decision Making in Massachusetts Mental Health Services," issued by the Department of Mental Health. Read the [paper](#).

NABIL ALI MD chosen as one of two Fenton Award fellowship winners. Dr. Ali will be the first combined neuropsychiatry awardee and possibly the first neuropsychiatrist to be involved in this

organization which is trying to position itself as the organization for combined trainees in psychiatry.

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

NANCY BYATT DO MBA was one of two selected for funding through the Meyers Primary Care Institute Small Grants Initiative for study on "Perinatal Mental Illness: The Perspective of OB/GYN Providers and Staff for Optimization of Treatment." She has also been accepted into the UMass Medical School Junior Faculty Development Program (JFDP) for the 2010-2011 academic year.

Announcements

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

October

Held annually during Mental Illness Awareness Week in October, **National Depression Screening Day** raises awareness and screens people for depression and related mood and anxiety disorders. NDSD is **Oct. 7**. UMass will be a registered community site again this year with screenings being conducted at the Depression Specialty Clinic. Please go [here](#) for more information.

2010 Psychiatry Research Day – Keynote: **Vivian W. Pinn, MD**, associate director for Research on Women's Health; director of Office of Research on Women's Health (ORWH), NIH. **Oct. 13**, 6:30-8:30 p.m., Amphitheater 1, UMass Campus. Click [here](#) for more info...

Be Mentally Well Lecture – Brain Development in Teenagers: Where Things Go Wrong, **Oct. 20**, 6:30-8:30 p.m., Amphitheater 1, UMass Campus. Click [here](#) for more info...

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.

Global

FERNANDO DE TORRIJOS TTS, MBSRS just gave a week-long intensive mindfulness professional training in L'Escala, Girona Province, Spain, Sept. 2010. Eighty-seven participants from 27 provinces in Spain and Latin America attended the highly demanded training. Most of these participants are health professionals and will teach mindfulness to their patients after the training. The training incorporates diverse formats and it's a smashing success. A similar training for September 2011 is being planned.



As part of the morning meditation, participants walk in silence with full awareness at sunrise by the Mediterranean Sea.



Sharing at the end of a 45-minute session of meditation practice to explore the techniques.

Wellness



Sunday, Sept. 26 was the **Walk to Cure Cancer**. The Psychiatry team walked in memory of our beloved co-workers Sharon O and Marion G; and for all of our family, friends, and co-workers that have been touched by cancer.

There is still time to support the Walk to Cure Cancer and be entered into a drawing to win fabulous prizes! Make a donation, by credit card, on the official Walk to Cure Cancer fundraising website - <http://www.firstgiving.com/UMassPsychiatry>. All donations benefit the UMass Memorial Cancer Center of Excellence.

Each \$5 donation you make by **Tuesday, Oct. 5** will enter you into the drawing. Drawing to be held on Oct. 6. Winners need not be present.

If you have questions about a wellness topic please contact Barb Grimes-Smith, Wellness Initiative Program Director at Barbara.Grimes-Smith@umassmed.edu.

GREG SEWARD MSHCA LADC-I CTTS-M demonstrated and discussed the use of a CO tester at the UMMS Wellness Fair and Expo, Sept. 14.



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