

July/August, 2011

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Greetings from the Chair

I hope everyone has had a wonderful summer despite the effects of Mother Nature! As we begin September, we welcome **Larry Behan** to our team as the new Senior Director. Larry emerged as our top candidate after a lengthy search with many outstanding applicants. Please find more about Larry in the welcome announcement sent out on Aug. 8. On a related note, our fiscal consultant, **Marti Dennis**, returned to her home state of California after dedicating eight months of her experience and expertise to us. The positive change she had made here will continue to impact us. This fall we will offer several wonderful public events (see calendar for details). In that spirit, I will be kicking off this year's Psychiatry Grand Rounds on September 8 at noon and look forward to seeing you all there!

Doug

Calendar

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

Sep 5: **Labor Day.** Holiday for Medical School and Hospital employees.

Sep 7: Next department meeting in Amphitheater 1—see you there!

Sep 8: Cape Cod Symposium on Addictive Disorders. Sep. 8-11, Hyannis, MA.

Grand Rounds kickoff—Lazare Auditorium, noon-1 p.m.

Sep 23: Annual Central MA Addiction Consortium (CMAC) event: Families and Addiction Recovery: Building Foundations for Hope and Healing. 9 a.m.-3:30 p.m., Independence Hall, 59 South St, Shrewsbury.

Sep 25: UMass Medicine Cancer Walk (formerly the Walk to Cure Cancer). University Campus.

Oct 12: The third in the Be Mentally Well lecture series: Understanding the Complex World of Bullying. 6:30-8:30 p.m., Amphitheater 1, University Campus.

Oct 13: Humiliation, Shame and Apology: Critical Dimensions of Interpersonal Relations, a CME evening featuring Aaron Lazare, M.D., 3:30-6:30 p.m., Faculty Conference Room, University Campus.

Dec 14: Caring Talents: Healing through Arts—Doug Ziedonis to play Native American Flute, Remillard Family Pavilion, 11:30 a.m.-12:30 p.m.

Headlines

KRISTINA DELIGIANNIDIS MD interviewed regarding neuroimaging study in *WBZ Boston* article titled “Research Could Pinpoint Postpartum Depression Risks.” “The hope is to develop a screening test so we can identify these women at an earlier point and offer them treatment sooner,” explains Dr. Deligiannidis. [Read](#) the article... The story was also referenced in a July 22 [article](#) in *UMass Med Now*.

With Chair Doug Ziedonis’s support and under Dr. Tony Rothchild’s leadership, the UMass Medical School and clinical partner UMass Memorial Health Care have been invited to join the **National Network of Depression Centers (NNDC)** as a Center of Excellence. The NNDC brings together researchers and clinicians at academic health science centers nationwide to improve the quality, effectiveness and availability of diagnosis, treatment and prevention for depression and related mood disorders. [Read](#) the article in the August 5 *UMass Med Now*.

ZHIFENG LIANG, DR. JEAN KING, and DR. NANYIN ZHANG had a paper published in the *Journal of Neuroscience* entitled “Uncovering Intrinsic Connectional Architecture of Functional Networks in Awake Rat Brain”, and was also reported in *ScienceNews* as “fMRI scans a rat.” [Read](#) the article in *ScienceNews* and the full [paper](#) in the *Journal of Neuroscience*.

TEO-CARLO STRAUN MD was recognized in a recent *Psychiatric News* article for his work with community activists in Worcester to set up a mental health screening program based in urban barbershops. [Read](#) the article...

Recognitions

ROSALIE TORRES-STONE PhD was selected by the Office of Faculty Affairs at UMASS Medical School to receive financial support for registration of the upcoming AAMC Minority Faculty Career Women Development Seminar. The seminar is scheduled Sep. 16-19 in Philadelphia, PA.

AMANDA COSTA, project assistant from the Transitions Research and Training Center, wrote an article about her personal experience with mental illness for the “Youth Voice” section of NAMI (National Alliance on Mental Illness) Beginnings. NAMI Beginnings is a publication dedicated to the young minds of America from the NAMI Child and Adolescent Action Center. [Read](#) the article...

NEGAR BEHESHTI MD selected as a participant in the inaugural Medical Group Physician Leadership Development Program. The Physician Leadership Development Program is designed to help prepare physician leaders with enhanced leadership and management skills to be effective in the changing healthcare environment.



BILL O'BRIEN MSW and **MAT BIRMINGHAM MD** joined Chip Wilder and members of the Parent / Professional Advocacy League (PPAL) Board of Directors to welcome the Massachusetts Department of Children and Families Commissioner Angelo McClain to PPAL’s 20th anniversary conference (top picture on the left). **PETER METZ MD** discusses CBHI services with Deborah Jean Parsons, PPAL’s director of policy (bottom picture on the left).



KRISTINA DELIGIANNIDIS MD awarded the 2011 UMMS Faculty Scholar Award for her project, “Neuroendocrine and neuroimaging endophenotypes in perinatal depression.” The Faculty Scholar Award was created by the UMMS Women’s Faculty Committee and the Women’s Leadership Work Group and provides funding of \$30,000. The goal of the award is to assist faculty during a finite period of increased family care responsibilities by providing professional assistance to continue research and/or scholarly efforts while family obligations are addressed.

REBECCA LUNDQUIST MD recently began a new leadership role as clinical co-chair of the Women’s Faculty Committee. [Read](#) their July newsletter...

Announcements

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

The new **Student Counseling Services Center** has opened in Room S1-620. The new center provides expanded facilities with three consultation rooms, a private waiting room, and a reception area to best serve the needs of our students and accommodates our increase in class size. Access to Room S1-620 is via the Lamar Soutter Library with directions posted on the [SCS web site](#).

September

DOUGLAS ZIEDONIS MD, MPH will be a keynote speaker at the upcoming Cape Cod Symposium on Addictive Disorders to be held Sep. 8-11 in Hyannis, MA. Also presenting tobacco-related workshops will be **Greg Seward MSHCA, LADC-I, CTT S-M, CADC, CAS, LSW, Ryan Coffman MPH, CHES, CTT S-M, Sarah Baker BSBA, Monika Kolodziej PhD, and Barbara Grimes-Smith MPH**.

Global



Shi, Ziedonis, and Guan



An engaging discussion

Representatives from the department met with visitors from the Sichuan University, China. The delegation was led by Dr. Jian Shi, senior vice president of Sichuan University, who was accompanied by Professor Ping Guan, deputy director of international exchange at Sichuan University. Sichuan University is located close to Wenchuan, Sichuan Province, the epicenter of the 2008 deadly earthquake that measured at 8.0 Ms and killed more than 60,000 people. The two parties had some profound and meaningful discussions around the topic of post-natural disaster counseling for k-12 students and college freshmen. Various forms of collaboration were also discussed.



Wellness

Check out the [Wellness Webpage](#) for up-to-date health information.



Sun Safety Quiz

Are you sun safe every day? Take the [quiz](#) to find out.

A word about sun exposure and vitamin D

Doctors are learning that vitamin D has many health benefits. It may even help to lower the risk for some cancers. Vitamin D is made naturally by your skin when you are in the sun. How much vitamin D you make depends on many things, including how old you are, how dark your skin is, and how intensely the sun shines where you live.

At this time, doctors aren't sure what the optimal level of vitamin D is. A lot of research is being done in this area. Whenever possible, it is better to get vitamin D from your diet or vitamin supplements rather than from sun

exposure because dietary sources and vitamin supplements do not increase risk for skin cancer, and are typically more reliable ways to get the amount you need.



August is National Immunization Awareness Month Stay on Schedule

We all need immunizations to help protect us from serious diseases. Shots can prevent infectious diseases like measles, diphtheria, and rubella. But people in the U.S. still die from these and other vaccine-preventable diseases. It's important to know which shots you need and when to get them.

Everyone over age 6 months needs a seasonal flu shot every year. Other shots work best when they are given at certain ages. Here are some general guidelines:

- Children need a series of shots from birth to age 6.
- Pre-teens need recommended shots at age 11 or 12.
- All adults need a tetanus booster shot every 10 years.

Talk to your doctor or nurse to find out which immunizations you and your family need.

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