

March/April, 2011

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Greetings from the Chair

March and April were two productive months. Take a look at the long list of highlights and accomplishments from our faculty, residents, and staff. While being proud, I certainly appreciate the vast amount of work behind each of these achievements! Thank you for contributing to and continuing the excellence of our research, education, and services. We together are making the department more visible in the community, in Massachusetts, in the nation, and worldwide!

Doug

Calendar

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

May is National Mental Health Month

May 14: Central MA Heart Walk. Sponsor a walker [here!](#)

May 21: NAMIWalks. Sponsor a walker [here!](#)

May 27: Third anniversary of Tobacco Free Initiative at UMass Medical School and UMass Memorial Medical Center

May 31: World No Tobacco Day

Jun. 15: [27th Public Sector Conference: Using Mindfulness for Improving Care of Patients with Serious Mental Illness and Clinicians' Self-Care.](#) All day, Amphitheater III. University Campus. [Registration is now open!](#)

Headlines

People interested in the underlying psychology behind criminal behavior (as in television programs like *CSI: Crime Scene Investigation*) often wonder, what exactly does forensic psychology involve? For **Thomas Grisso PhD**, professor of psychiatry, director of psychology and director of the law-psychiatry program at UMass Medical School, “There has to be an understanding in specific developmental changes in capacities and decision-making, executive function. This is an important part of the logic in working with kids,” he says. Read more in the Mar. 2011 *New England Psychologist* article, [Forensic psychology: working within the legal justice system](#).

MARY M. BENNETT LICSW, director of Men’s & Women’s Anger Management Programs at the Outpatient Psychiatry Clinic, was on WCCATV 13’s “Ramona Interviews” recently, discussing anger management and key elements in dealing with relationships. Part of the [interview](#) is posted on YouTube in which she explained what effective apology is and emphasized the importance of using assertiveness as non-violent communication skills.

For the second year in a row, UMass Medical School participated in “Light it up Blue” to raise awareness of autism. Read the story and watch the video about this event in the *UMass Med Now* article, [Blue light marks World Autism Awareness Day](#).

AARON LAZARE MD, internationally renowned expert on shame, humiliation and apology, and professor of psychiatry and chancellor and dean emeritus at UMass Medical School, had his commentary published in the Apr. 2011 edition of *Chest*, the journal of the American College of Chest Physicians. In his commentary, Dr. Lazare suggested that doctors who apologize for behavior that offends other care team members can further benefit patients with improved quality of care. Read the [full story](#) in the Apr. 15 *UMass Med Now*.

JEAN KING PhD spoke on Charter TV3’s *The Hank Stoltz Experience* show on the Women’s Words Week. Dr. King has been serving for many years on the board of Daybreak, a YWCA’s program that offers violence prevention services for youth, teens and adults in Central Massachusetts. She is also the chair of the planning committee for the series of events in the Women’s Words Week. In celebration of this year’s Women’s Words Week, the University of Massachusetts Medical School is hosting an art exhibit fundraiser through May 15 to benefit Daybreak resources and services of the YWCA of Central Mass. The exhibit is located in the Lamar Soutter Library, University Campus and admission is free.

NEGAR BEHESHTI MD spoke on a Public Affairs Charter TV3 show on anti-bullying. She discussed why children bully and the impact on both the victim and the bully, and provided tips for parents to recognize whether a child is being bullied and recommendations on what to do. Dr. Beheshti is assistant professor of Psychiatry and Pediatrics, assistant director of the Division of Child Psychiatry, and director of Child and Adolescent Psychiatry Consultation/Liaison and Emergency Mental Health Services. The program debuted on Monday, Apr. 11 and will run for seven consecutive weeks, concluding on Sunday, May 29.

At the **Be Mentally Well** lecture “Understanding and Treating Depression,” held on Mar. 15, **Anthony Rothschild MD**, **Gary Moak MD**, and **Kristina Deligiannidis MD**, clarified the signs and symptoms of depression, discussed the great variety of effective treatments already available and those under development, and explained the exceptional challenges of recognizing and treating depression in the elderly. [Read](#) the story about this event in the Mar. 23 *UMass Med Now*.

A special event was held recently in celebration of Children's Mental Health Awareness Week. The event, sponsored by the Child and Adolescent Neurodevelopment Initiative (CANDI), featured Shonda Schilling, wife of retired Red Sox pitcher Curt Schilling, speaking about the struggles and triumphs she and her family have experienced regarding her son's diagnosis of Asperger's Syndrome. [Read](#) about the event in the May 5 issue of *UMass Med Now*.

As president of the American Association of Directors of Psychiatric Residency Training (AADPRT), **Sheldon Benjamin MD** commissioned a taskforce to create curricula on professionalism and the internet. The new curricula will help psychiatry residents who grew up in a Web 2.0 world think about the Internet and electronic media in more professional ways, and how the connectivity to which they are accustomed can pose problems for psychiatrists. The curricula include *AADPRT on the AIR*, Dr. Benjamin's podcast talk show for AADPRT members. [Training psychiatrists about professionalism and the internet](#) is the subject of the most recent episode. It's only 10-minute long and includes a cover of an old Beatles tune by some training directors. It can be downloaded to your computer and moved to your MP3 gadget. Great to listen on the treadmill. This effort was picked up by several medical newspapers and includes a [video interview](#) by the Global Medical News Network that took place during the American College of Psychiatry meetings in San Francisco at end of February. Dr. Benjamin is vice chair of education and training, and director of the psychiatric education and training program.

Recognitions

Congratulations to 12 UMass Department of Psychiatry doctors who were named to the 2010 list of **Best Doctors**! [Read](#) the listing of UMass Memorial doctors named to this prestigious list.

New Residents (match results) announced. Go [here](#) to see the entering intern class for 2011. The Adult Psychiatry Program Chief Resident for 2011-2012 will be **Josh Blum MD**. Congratulations, Josh, on your selection for this important position!

KERRY WILKINS MD, PGY-2 presented a psychopharmacology update to the Worcester Consortium of Colleges Counseling Center Directors titled "Psychopharmacology Update: Antidepressants and Atypical Antipsychotics" at Becker College on Feb. 28. Her talk, which was followed by a Q&A session, was well-received.

GREG SEWARD MSHCA recently participated in a webinar discussion of ongoing tobacco cessation efforts in our community for CAPC's (Center for the Advancement of Primary Care) Prime Time Conversations. Mr. Seward describes the program, including treatment options, medications, referrals, additional resources available in the community, and provides some advice on talking to patients in the office setting about tobacco cessation. The [audio](#) of the webinar is located on Ournet.

Watch [video](#) of **Greg Seward MSHCA** and **Ryan Coffman MPH** as guests on the Worcester District Medical Society's cable TV show Mar. 9. Discussion focused on "Emerging Tobacco Products; An Emerging Public Issue".



(Photo: American College of Psychiatrists induction.
Pictured l to r: Jack Bonner, MD, SB, Sheldon Benjamin, MD, John Oldham, MD (President of the College), and Steven Altchuler, MD)

SHELDON BENJAMIN MD presided over the 40th annual meeting of the American Association of Directors of Psychiatry Residency Training (AADPRT) in Austin Texas (Mar. 1-5), completing his term as AADPRT President. As part of the celebration of the 40th anniversary of AADPRT,

he hosted a reception honoring past presidents, with over 20 past presidents in attendance. Prior to the AADPRT meeting in Austin he was inducted into the American College of Psychiatrists (ACP) in San Francisco (Feb. 22-26). Membership in the ACP is by nomination and election. Also, at the American Neuropsychiatric Association (ANPA) meeting in Denver Mar. 22-26 he began a two year term as President-Elect followed by two years as President of the association.

Congratulations to **Ann Foley** and the **Child & Adolescent Psychiatry** program for winning the first Teddy Bear Clinic trophy for the “Beary” Best Teddy Bear Clinic booth at the recent Greendale Mall Teddy Bear Clinic. After all the scorecards were tallied, the booth with the highest total score was **CANDI** (Child and Adolescent Neurodevelopment Initiative).

Assistant Professor **Jennifer Lauretti, PhD**, passed her oral exams in March and is now American Board of Professional Psychology (ABPP) Board Certified in Clinical Health Psychology. ABPP is the primary organization for specialty board certification in psychology. Less than 10% of psychologists obtain board certification status, the highest level of accomplishment for psychologists. Dr. Lauretti works in the Weight Center. Congratulations!

TATYANA SHTEINLUKHT MD, PhD chaired and presented at two symposia at the 2011 annual meeting of the American Association for Geriatric psychiatry (AAGP) in San Antonio, TX, Mar. 18-21. The symposia were *Successful mentoring: Does Gender Matter?* by Shteinlukht TP, Felice M, Lichtor JL, and Kamholz B.; and *Understanding Ethical and Legal Dilemmas in Geriatric Psychiatry—A practical approach for trainers and trainees* by Haque S, Shteinlukht TP, Soliman S, and Kurwin P. Dr. Shteinlukht, who is currently a leader of the AAGP Woman’s Interest Group, was nominated to chair the AAGP Diversity Committee.

As part of the **National Autism Awareness Month** in April, *UMassMedNow* featured a three-part series highlighting some of the interesting research, education and service programs at UMass Medical School’s Eunice Kennedy Shriver Center in Waltham. The articles are: [Teens Get Moving, Have Fun, New Center Offers Vital Insurance Information](#), and [Creating Leaders, Changing Lives](#).

After over a year’s preparation, the **Student Counseling Service** launched the American Foundation for Suicide Prevention (AFSP) web-based interactive screening project, Apr.4. The project is an anonymous, internet based method of outreach to students with serious depression or other suicide risk factors who are not currently receiving treatment. They randomly invited 50 first year medical students to participate in the screening and have reported a nearly 10% response within the first 6 hours. As the pilot project unfolds, they look forward to providing the SPRC-AFSP Best Practices Registry-listed program to the incoming students of all the schools on the UMMS campus.

JEAN KING PhD has been named a fellow of the Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM) Program for Women at the Drexel University College of Medicine in Philadelphia. [Read more](#) about Dr. King and this prestigious program in the Apr. 19 *UMass Med Now*.

GINA M. VINCENT PhD, assistant professor of psychiatry, recently received a National Institute on Drug Abuse (NIDA) grant for her proposed project, “Neuroimaging Youth with Callous-Unemotional Conduct Disorder & Comorbid Substance Abuse.” The project is a training grant which will teach Dr. Vincent how to conduct neuroimaging research that examines brain function, particularly as it relates to substance abuse. [Read more...](#)

The International Center for Clubhouse Development (ICCD) Clubhouse Model was recently accepted for inclusion on the United States Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence Based Practices and Programs

(NREPP). The model was submitted by [The Program for Clubhouse Research](#) in the UMass Medical School Department of Psychiatry's **Center for Mental Health Services Research**. [Learn more.](#)

MATILDE CASTIEL MD received the Public Citizen of the Year award by the Massachusetts Chapter of the National Association of Social Workers for her outstanding commitment to Worcester's underserved. The award recognizes nonsocial workers who make exceptional contributions in public service. Dr. Castiel is passionate about her work, including her role as a primary care provider at 12 clinics offered at Worcester Housing Authority facilities, Centro Las Americas and Hector Reyes House. She also participates in community organizations including Abby's House, Barton Center for Diabetes Education and AIDS Project Worcester.

An abstract submitted by **Randi Segatore, Douglas Ziedonis MD, MPH** and **Jean King PhD** for the 2011 AAMC Faculty Affairs Professional Development Conference was accepted for both a poster presentation and an oral presentation. The abstract "Departmental Career Advancement Initiatives: the Career Development and Research Office Model" highlights the CDRO model that was developed in 2007.

CARL FULWILER MD and **FERNANDO deTORRIJOS CTTS** made presentations to the Statewide Healthy Changes Task Force last month as first steps were taken towards incorporating mindfulness into the DMH Healthy CHANGES Initiative. [Read](#) the story "A Mindful Approach to Health and Wellness" in the Apr. 2011 *DMH Connections*.

Psychiatry Issue Briefs has been online for a short 7 months since its rebranding in mid-September last year. There has been 1156 downloads from its total library of 48 Briefs. The most recent one, Carl Fulwiler and Fernando de Torrijos's Mindfulness and Health Brief, already has 126 downloads since first published on Mar. 4!

JOANNA CHAURETTE, a talented medical student from the MD/PhD program, has been selected to receive the 2011 Association of Women Psychiatrists (AWP) Leah J. Dickstein, M.D., M.A. Medical Student Award. This is a highly competitive award, selecting only one female medical student nationally! This award will support Joanna's travel to the APA/AWP meeting in Hawaii this May.

JOANNE NICHOLSON PhD honored on May 3 by the YWCA of Central Massachusetts as a Katharine F. Erskine Award winner. Dr. Nicholson has pioneered research and treatment connecting mental health to parenting. Her efforts have launched community-based intervention programs for families living with mental illness. The YWCA honors extraordinary women in Central Massachusetts who have reached exemplary levels of achievement in their professions and communities.

DEBORAH FIELD MD, assistant professor and psychiatrist at Community Healthlink, has been voted Public Sector Psychiatrist of the Year by the Massachusetts Psychiatric Society. She was honored during the opening reception along with other awardees, followed by dinner at the MPS annual meeting on Monday, May 9.

PAUL PLASKY MD PhD chosen by the Class of 2011 as an Outstanding Medical Educator. This Award is in recognition of his dedication to the field of medicine, his outstanding qualities as a teacher and human being as well as being a role model our students would like to emulate. Dr. Plasky will be presented with his award at the Alumni Breakfast on Friday, Jun. 3.

LAUREN CHARLOT PhD to be the keynote speaker at the NADD One-Day Symposium, *NOW & BEYOND: Mental Health Approaches in Persons with Intellectual Disability or Autism* on Jun. 16 in Framingham, MA. Dr. Charlot will be speaking on "When in Doubt, Rule It Out: How Missed

Medical Problems Cause an Apparent Psychiatric Disorder." [More information about the symposium.](#)

LISA FORTUNA MD, MPH, assistant professor and director of Child and Adolescent Multicultural Health Services Research, will be on Spanish talk radio on WUNR 1600 AM Thursday, Jun. 30, 7:30-8 p.m., to discuss post traumatic stress disorder in children and special issues for Latino kids and families. WUNR 1600 AM is one of Greater Boston's oldest ethnic radio stations.

KRISTINA DELIGIANNIDIS MD selected on behalf of the Office of Faculty Affairs at UMass Medical School to receive financial support for registration of the upcoming AAMC Early Career Women Faculty Professional Development Seminar. The seminar is scheduled Sep. 9-12 at the Ritz Carlton in Washington DC.

Announcements

The March, April, and May department meeting minutes are now [online](#) in PDF format.

May

May 25, 1-2 p.m. in Biotech 1, **DR. MINAKSHI TIKOO**, director of Program Evaluation, will be presenting an informative workshop on Program Evaluation. This workshop will be relevant to any faculty member that is working or is interested in working with the community. Please contact [Marcy Laakso](#) for more information.



Artist in Residence Series: The Search, photographs by **GREG SEWARD** will be exhibited **May 16-Jun. 24** in the Lamar Souter Library. A reception will be held May 25, 5 p.m. Go [here](#) for more information.

June

A celebration of leadership in recognition of **President Jack M. Wilson**, University of Massachusetts, Wednesday, **Jun. 15**, 2011, 3-5 p.m., Umass Medical School campus.

July

The University of Alabama at Birmingham's Nutrition Obesity Research Center has announced a NIH-funded conference on Adipogenic and Metabolic Effects of Antipsychotic Drugs **Jul. 11-12** at the Hilton Newark Airport Hotel in New Jersey. [More information...](#)

Global

AMY WACHHOLTZ PhD, MDiv, was invited to give a plenary [lecture](#) at WSEAS Conference in Cambridge, UK in Feb. on the role of spirituality on pain perception and tolerance.



We would like to welcome **Dr. MINGLI LI** who is working with **Nanyin Zhang PhD** as a visiting intern at CCNI through June. Dr. Li is the chief resident and a PhD candidate from the Mental Health Center of West China Hospital. There she works with Dr. Tao Li, co-PI of the ATTOC China grant. During last year's visit to China, Drs. Li and Zhang identified a common research interest—applying imaging techniques to understanding different mental disorders. Dr. Zhang helped them analyze fMRI data. Dr. Tao Li was very pleased with the result and sent Mingli here to expand that collaboration. Mingli likes jogging and travelling.

We would like to draw your attention to a new **global health fellowship opportunity** open to medical students, residents, and faculty. Stanford University's Center for Global Health has partnered with NBC News to launch the first fellowship in Global Health Media to train a new generation of physicians to harness the power of media to enhance the impact work in global health. The application form and all application materials must be submitted by the **deadline, Monday, May 16**. Medical students who have completed their first two years of medical school, residents and faculty are eligible. Complete information can be found [here](#).

Wellness

The CDRO and UMass Psychiatry Wellness Initiative recently recognized seven staff that inspire and motivate us to be healthy. The honorees include: **Sue Alward, Val Buffone, Bob Carey, Ann Foley, Carole Puleo, Cindy Snell, and Teo-Carlo Straun**. Click [here](#) to find out what the honorees do to stay healthy and their tips on how to stay motivated. We would like to continue to recognize the wellness efforts of our staff. Nominate a colleague for recognition! Provide his/her name, a brief explanation of what he/she does to stay healthy, and how it inspires and motivates others. Forward the information to [Barb Grimes-Smith](#).

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