

**November/December, 2011**

## **In this issue:**

[Greetings from the Chair](#)  
[Calendar](#)  
[Headlines](#)  
[Recognitions](#)  
[Announcements](#)  
[Global](#)  
[Wellness](#)

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## **Greetings from the Chair**

The busy holiday season is over and we are back on track. I'm pleased to see that our faculty, staff, and resident continue to be productive even around holidays! Just read on and you will be impressed! At the turning of the year, I find it useful to take some time to pause, reflect and meditate for a little while. Whether or not you have made a new year resolution, I wish you all a meaningful year ahead!

Best wishes,

*Doug*

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## **Calendar**

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

**Jan 11: Dr. Martin Luther King Jr. Tribute Events.** See [announcements](#) section for more details.

**Jan 16: Dr. Martin Luther King Jr. Day.** Holiday for Medical School and Hospital employees.

**Feb 1: Department meeting.** Faculty Conf Room (S1-342), Noon-1 p.m.

**Feb 20: President's Day.** Holiday for Medical School and Hospital employees.

**Feb 26-Mar 3: National Eating Disorders Awareness Week**

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## **Headlines**

**GREG SEWARD, MSHCA, LADC-I, CTTS-M, CADC, LSW**, director of the Tobacco-Free Initiative, and **RYAN COFFMAN, MPH, CHES, CTTS-M**, participated in a series of outreach events in recognition of the Great American Smoke-out (GAS):

- **Greg, Ryan, and TINA GROSOWSKY, MA** interviewed by host Dr. James Broadhurst on WCCA-TV show [Health Matters](#), a program from Dr. Bruce Karlin and the Worcester District Medical Society. Tina is project coordinator for the Central MA Tobacco Free Community Partnership. The episode was aired on Channel 13 in Worcester on Oct. 27 and 28.
- Greg shared lessons learned from the UMass smoke-free initiative as he was invited to join a monthly conference call with a group of smoking cessation pioneers in Los Angeles County, Nov. 10. The LA folks are mostly from treatment facilities, some MH facilities, HIV/AIDS, some youth, but all are community based organizations.



- [WTAG radio show with Jim Polito](#). Ryan, Greg, and Dr. Geoffrey Graeber, Chief of Thoracic Surgery for UMMMC, were interviewed on the Great American Smokeout and gave helpful tips and information on quitting smoking. Nov. 14.
- [Tobacco Consultation Service](#) team staffed cafeteria tables at each of the main cafeterias to field smoking cessation questions and offer support to employees, patients and visitors, Nov. 16 and 17. The event included free carbon monoxide testing which shows the harmful effects of smoking and how the effects can be significantly reduced in just one day of not smoking!
- Greg interviewed by Charter TV 3 / NECN about the Great American Smokeout, Nov. 17. Greg discussed some of the health complications that can arise from smoking, several tools and methods that can help smokers quit, and the benefits of living smoke free. The segment was aired on NECN and Charter TV's Worcester News Tonight.
- UMass Memorial 2nd Annual [Lung Cancer Symposium](#) (with Greg Seward involved), Nov. 18.
- Interspecialty Grand Rounds on tobacco treatment for inpatient and outpatient (with Ryan Coffman and Greg Seward involved), Nov. 18.
- The Tobacco-Free Initiative provided 17 online learning scholarships for staff of UMMMC on tobacco treatment (with Ryan Coffman taking the lead).



*Ryan Coffman and Greg Seward on Jim Polito show*



**MARIE HOBART MD** and team awarded a SAMHSA supplement focusing on technology and health integration. This is a supplemental grant of \$200,000 for one year to those who already have a Primary and Behavioral Health Care Integration grant. The purpose of the grant is to enhance the ability of the grantee to develop an integrated behavioral health and medical record. In this case, Marie and team will be using the grant to help integrate primary care record—All Scripts My Way—with the behavioral health record from Netsmart Technologies-Ecet.

**DEBORAH L. PLUMMER PhD**, professor of psychiatry and associate vice chancellor for Diversity and Equal Opportunity, promoted to fill the newly created position of Vice Chancellor for Human Resources, Diversity and Inclusion. As Associate Vice Chancellor for Diversity and Equal Opportunity, Dr. Plummer has successfully worked across the institution to provide leadership, strategic direction and coordination of all aspects of diversity and inclusion. She brings extensive experience in human services and has worked with over sixty national organizations, including Fortune 500 companies, health care organizations and educational institutions, developing effective people strategies that build high performing and inclusive work environments. In this new strategic position, Dr. Plummer will be at the helm of both human resources and diversity services at UMMS. Her placement will ensure that current diversity efforts and functions will continue to be enhanced and that human resource functions will be fully integrated with the diversity goals of our institution.





**AMY WACHHOLTZ PhD** (*pictured left*), director of health psychology, was interviewed by [Charter TV3/NECN](#) for a story about maintaining New Year's resolutions, Dec. 28. Dr. Wachholtz suggested that people be realistic, start with obtainable goals, and have a buddy to help keep them on track. The segment was run on NECN and Worcester News.

**New Leadership for Medical Group Announced.** Over the past year a new Management Team and Board of Directors was created to better position our Medical Group. After careful consideration and a nomination process, a new Board of Directors is in place and recently convened for its first meeting. [Read more...](#)

**BARBARA LEADHOLM**, commissioner of DMH, has decided to step down from her role on January 31, 2012. She will assume another important new role that will have a national impact on improving behavioral health integration into health care in general. The Commissioner has done an outstanding job in her role for DMH, including during times of economic stress, political uncertainties, and complicated clinical and system issues. We have all been fortunate to have a leader with vision, strength, and compassion. We will miss working with Barbara and wish her all the best in her new role. We are confident she will make a tremendous impact nationally and this will help us all. **MARCIA FOWLER** will become the Interim Commissioner and lead the transition process. She has been doing an excellent job in her current role as Deputy Commissioner for Mental Health Services, and we look forward to our continuing important collaborations with her leadership.

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## Recognitions



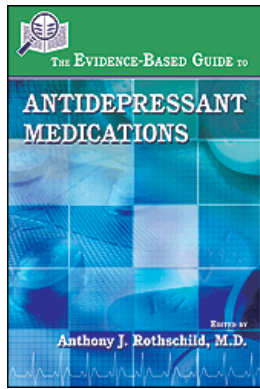
**SCHAHRAM AKBARIAN PhD** (*pictured left*) as co-senior author / co-corresponding author of [Epigenetic Signatures of Autism](#) on [Archives of General Psychiatry](#), Nov. 7. Findings from this very important study suggest how genes and environmental stresses may interact to cause autism.

**RICHARD BERLIN MD's** second book of poetry [Secret Wounds](#), selected as the 2010 Winner of the John Ciardi Poetry Award, has just been published by BkMk Press. *Secret Wounds* was also recently selected by USA Book News (a literary / publishing trade group) as the best general poetry book published in the USA in 2011. Dr. Berlin is our long-time faculty member. Congrats!

**PHILIP CANDILIS MD, RUTHANN RIZZI MD, and BRIAN SZETELA MD** co-lead an interactive breakout session on "Educating Volunteer Physician Monitors" at the 8th Caring for the Caregivers Conference, Oct. 14. This session received a lot of positive feedback. Sponsored by the Massachusetts Medical Society and its subsidiary Physician Health Services, Inc. this conference is designed to address strategies to improve the health and well-being of physicians, medical students, residents, and fellows across the state. An important note: Out of the six active associate directors of PHS, three are from our department: Drs. Candilis, Rizzi, and Marianne Smith. This representation makes us all proud!

**JORDAN EISENSTOCK MD** featured in the November issue of [Group Talk](#). Dr. Eisenstock, director of neurology at Fairlawn Rehabilitation Hospital, was recently designated a certified physician executive (CPE) by the Certifying Commission in Medical Management. He was awarded this status for educational achievements, demonstrated stature as a physician, and experience in the field of medical management. The CPE designation indicates that a physician has achieved superior levels of professional excellence and management education, while also demonstrating effective knowledge and leadership skills. The national certifying body for physicians specializing in medical management, the Certifying Commission in Medical Management, is a nonprofit corporation chartered by the American College of Physician Executives to establish and maintain the high standards required for physician executive certification. Dr. Eisenstock is assistant professor in the Department of Neurology with a joint appointment in the Department of Psychiatry.

**JESSICA GRIFFIN PsyD**, assistant professor of Psychiatry and Pediatrics, quoted in the [press release](#) regarding Patrick-Murray administration receiving \$3.2 Million to enhance the delivery of child protective services, Dec. 14. "Clinicians will be better equipped with cutting edge, evidence-based treatment modalities to help children and families recover more quickly after experiencing childhood abuse, trauma, and/or traumatic loss and grief. It is also our hope that this effort will further strengthen the collaboration between treatment providers and DCF caseworkers and document the effectiveness of this initiative in our communities," noted Dr. Griffin. She also discussed different ways of coping with tragedy in [No One-size-fits-all in Grief Counseling](#), a Telegram & Gazette article, Dec. 27.



**ANTHONY ROTHSCILD MD's** book [\*The Evidence-Based Guide to Antidepressant Medications\*](#) just published. Edited by Dr. Rothschild, this second book in the Evidence-Based Guides series provides a clear reference to the current knowledge and evidence base for the use of antidepressants among a variety of patients across a wide range of disorders. Chapters within this guide are authored by experts in their respective areas of practice, and synthesize a large amount of medical literature into a comprehensive, yet understandable, concise, reader-friendly guide. Dr. Rothschild also authored an article [Do Antidepressants Cause Suicide?](#) on Psychiatric News, Nov. 23. He provides a brief outline of the discussion of two timely topics: whether antidepressants "really work" and whether antidepressants "can cause suicide." On another happy note, Dr. Rothschild was recently promoted from Member to Fellow in the **American College of Neuropsychopharmacology (ACNP)**. Dr. Rothschild is the Irving S. and Betty Brudnick Endowed Chair and Professor of Psychiatry and director of the Center for Psychopharmacologic Research and Treatment in the Department of Psychiatry at the University of Massachusetts Medical School.

**KERRY WILKINS MD** selected as a winner of the AADPRT/George Ginsberg, MD Fellowship for 2012. The AADPRT/George Ginsberg Fellowship acknowledges the excellence and the accomplishments of outstanding residents interested in education and teaching who are pursuing careers as Clinician-Educators and/or Academic Administrators. Dr. Wilkins is one of five fellows who were selected and invited to attend the American Association of Directors of Psychiatric Residency Training Annual Meeting. Opportunities are given for Ginsberg fellows to continue to develop their interest in teaching and education or subspecialty residency. Dr. Wilkins is PGY-3 resident in the 5-year integrated adult/child psychiatry training program. She joined the Campus Mental Health Academic Interest Group as an intern and immediately took an active role in several projects. These include working with the chair of the group to develop a three-session campus mental health curriculum for PGY3 residents, facilitating a group on "Staying healthy during residency" during the Medical Student Wellness Conference at Yale in March 2010, sponsored by PsychSIGN and AMSA. She taught a seminar on basic psychopharmacology for the Worcester Consortium of College Counseling Center Directors at Becker College during her PGY2 year.

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## Announcements

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

### January

**Dr. Martin Luther King Jr. Tribute Events.** Tributes to Dr. Martin Luther King Jr. are being held on the Memorial and University campuses Wed., Jan. 11, and Mon., Jan. 23, respectively. These celebrations are an opportunity for our communities to share in the legacy of Dr. King by highlighting the importance of service and the multiculturalism of our patient community and workforce. Each of our celebrations features an insightful speaker whose words will certainly provide direction and motivation for us in the work that we do. The tribute on the University Campus also recognizes the winners of the Chancellor's Awards for Advancing Institutional Excellence in Diversity and Civility and the Martin Luther King Jr. Semester of Service Student Awards.

#### **Wednesday, January 11**

##### **A Call to Fix the Least Humane of All Inequalities**

11:45 a.m.-1 p.m. (*Lunch served at 11:30 am*)

Knowles Hall, Memorial Campus

Speaker: LeRoi Hicks, MD, MPH

Division Chief, Hospital Medicine, UMass Memorial Medical Center

Associate Professor of Medicine and Quantitative Health Sciences, University of Massachusetts Medical School

One contact hour for nurses has been applied for.

Please RSVP to [Karen Mitchell](#), Diversity and Inclusion Office: 508-334-8799

#### **Monday, January 23**

##### **Remembering ...Through Service: Everyone Can Be Great ... Because Anybody Can Serve**

Noon-1 p.m. (*Lunch served at 11:30 am*)



Faculty Conference Room, University Campus  
Speaker: Wayne Riley, MD, MPH, MBA, MACP

President and Chief Executive Officer, Professor of Medicine, Meharry Medical College,  
Nashville, Tennessee

Presentation of Awards: Chancellor's Awards for Advancing Institutional Excellence in Diversity and  
Civility; Martin Luther King, Jr. Semester of Service Student Awards

Please RSVP to [Nellie Toney](#), Diversity and Equal Opportunity Office: 508-856-2467

**Shriver Center Colloquium Series.** Shriver Center in Waltham, the main conference room. Lunch provided.  
Please contact [Ellen Isley](#) at 781-642-0124 or if you plan to attend or you need additional information.

**Friday, January 13, noon-1:30 p.m., Dr. Minna Levine**, President of SymTrend, Inc., will present a talk entitled, **"Internet and Mobile Technology for Data Collection and Guidance."** Dr. Levine received her Occupational Therapy degree from University of Pennsylvania and her PhD. in Psychology from Brandeis University. She has extensive experience in healthcare, data management, market research, clinical research and technology consulting. She has been PI or co-investigator on three small business grants from the National Institute of Mental Health for SymTrend's work with children on the autism spectrum.

**Friday, January 27, noon-1:30 p.m., Dr. Gregory Hanley**, Associate Professor of Psychology and Director of the Behavior Analysis Doctoral Program at Western New England University, will present **"Assessment and Treatment of Pediatric Sleep Problems."** Dr. Hanley will describe an assessment and treatment model for resolving common pediatric sleep problems. Factors that worsen and improve children's ability to achieve age-appropriate amounts of sleep will be described as well as evidence-based strategies for addressing common sleep problems. As a result, attendees will have a better understanding of how the principles of learning can be synthesized with basic sleep science to promote the healthy sleep of the children.

**Parents Apart® UMASS**, a court approved seminar for separated parents: **Monday, January 23 & Tuesday, January 24: 4:30-7 p.m.** Divorce has a profound impact on children. Parents have a significant obligation and opportunity to help their children cope with this event. This two-day, five-hour 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. For further information or to register by telephone, please call 508-793-6336.

Dr. John L. Sullivan, Vice Provost for Research, Director of UMCCTS, announces the **UMass Center for Clinical & Translational Science (UMCCTS) Pilot Project Program (PPP) 2012**. LOIs are **due on Friday, January 13** by 5 p.m. (EST) to [Wanda DePasquale](#). Additionally, all PPP information is located at the [UMCCTS website](#). Contact [Dr. Nate Hafer](#), UMCCTS Director of Operations, if you have any questions.

Drs. Katherine Luzuriaga and Douglas Ziedonis announce the **UMass Center for Clinical & Translational Science (UMCCTS) 2012 Clinical Research Scholar (K12) Award: Request for Proposals**. LOIs are **due on Thursday, January 26** by 5 p.m. (EST) to [Wanda DePasquale](#). Additionally, all CRS-K12 information is located at the [UMCCTS website](#). Questions regarding the K12 program or the scientific aspects of the proposal should be addressed to [Dr. Katherine Luzuriaga](#). Questions regarding grant preparation or submission should be addressed to [Wanda DePasquale](#).

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## Global



**JENNIFER WU PhD** visited the West China Hospital, Sichuan University and the Chongqing Medical University in November as part of the ATTOC China project. Dr. Wu conducted the second round of environmental scan at West China, the result of which will be compared to that from April, 2010. The hospital's improvement in smoking cessation effort is obvious. Chongqing Medical University is a new site that is interested in working with the department on the ATTOC project. While Dr. Wu was in China, SKYPE meetings were conducted between the project leaders in China and Dr.

Doug Ziedonis who will lead the efforts with both hospitals, as shown in the picture on the left.

**NANYIN ZHANG PhD** visited his collaborators in the West China Hospital, Sichuan University and the Chongqing Medical University in his November trip to China. Dr. Zhang gave lectures on fMRI in both universities with standing-room only audience. This visit is key to developing new partnership with Chongqing and deepening and expanding current projects with West China.



## Wellness

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

### Central Massachusetts Tobacco-Free Community Partnership supports communities' efforts to lower smoking prevalence and exposure to secondhand smoke.

Tobacco use is the #1 cause of preventable death and disability in Massachusetts. More than 9,000 residents die every year from the effects of tobacco—one person every hour of every day. Thousands more are disabled by tobacco use, suffering with chronic illness and pain. The Central Massachusetts Tobacco-Free Community Partnership, a program of the Department of Psychiatry, University of Massachusetts Medical School / UMass Memorial Health Care, supports communities' efforts to lower smoking prevalence and exposure to secondhand smoke. The Partnership enhances state and local tobacco control efforts by exposing tobacco industry tactics, mobilizing the community to support and adopt evidence-based policies, and changing social norms that prevent youth from starting to smoke and help current smokers to quit. These comprehensive efforts reduce death and disability from tobacco use. Funded by the Massachusetts Tobacco Cessation and Prevention Program, the Community Partnership serves as a resource for local coalitions, health and human service agencies, municipalities, and workplaces on tobacco intervention efforts. For more information, contact [Tina Grosowsky](#), Project Coordinator at 508-856-5067.

**Make smoking history.**

#### Attention Ex-Smokers:

The Central MA Tobacco Free Community Partnership is recruiting **ex-smokers** from the UMass Medical School and UMass Memorial Medical Center who would be willing to **share your story** and **inspire others** to also quit smoking. If you would be willing to share your quit story and want to learn more about our campaign to help others stop smoking, contact [Tina Grosowsky](#): 508-856-5067. The Central MA Tobacco-Free Community Partnership is a program of the UMass Department of Psychiatry.

## I ♥ Wellness

By [Barb Grimes-Smith](#)

### *A few of my favorite things...*

- ♥ [Getting Active in Worcester \(and beyond\) Resource Guide](#)
- ♥ [Best Brands for Healthy Shopping](#)
- ♥ [Text2Quit.com](#)—a mobile phone app to help you quit tobacco
- ♥ [Agile Change-Leader Training](#)
- ♥ Stevia sweetener (in my latte with skim milk)
- ♥ [WebMD Health News](#)
- ♥ Dark chocolate
- ♥ Integrative Health Academic Interest Group and Wellness Academic Interest Group (new members welcome!)
- ♥ [Mindfulness practice](#)
- ♥ [Healthy Lifestyle Blog](#) by Sherry Pagoto, PhD
- ♥ Additional wellness resources can be found on the [wellness webpage](#)

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*UMass Psychiatry Connections is published by the Department of Psychiatry at the University of Massachusetts Medical School.  
To submit an item for publication or to be added to the distribution list, e-mail [Jennifer.Wu@umassmed.edu](mailto:Jennifer.Wu@umassmed.edu).*