

September/October, 2011

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Greetings from the Chair

Hope you are all safe from the storm we had last week. September and October were again busy and productive months. We've had a successful Be Mentally Well lecture on bullying, with a great attendance and an engaging audience. We created [IMPACT](#), the department's quarterly community newsletter. IMPACT disseminates information about new clinical programs, educational events, and our cutting-edge research that is making an impact on better understanding and treating mental illness. This first issue focuses on Autism and related disorders. I strongly encourage you to read it and forward to those who might be interested. Contact [Sharon Kershaw](#) if you want hard copies for your clinics, offices, or special events.

As we move into the busy holiday season, I want to take a moment to say "THANKS" for all that you do. Together, we will continue to grow!

Doug

Calendar

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

Nov 11: Veterans Day. Holiday for Medical School and Hospital* employees.

* Non-clinical offices may be open or closed according to operational need. Verify with supervisor.

Nov 17: [Great American Smokeout](#)

Nov 24: Thanksgiving Day. Holiday for Medical School and Hospital employees.

Nov 25: Day after Thanksgiving. Holiday for Medical School employees.

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

The video story recently produced by the Office of Communications on **Drs. KRISTINA DELIGIANNIDIS** and **CONSTANCE MOORE's** Post Partum Pilot Project was featured by the NIH on 2 NCRR websites and was considered for a developing site on research awareness. The story can be found as slide two of the carousels at both www.ncrr.nih.gov and at www.ncrr.nih.gov/ctsa. The story also links back to UMassMedNow and the UMass CCTS websites, providing added national coverage. This is a wonderful opportunity to promote the great research taking place at the Medical School with the support of the UMass Center for Clinical and Translational Science.

A recent American Psychological Association article, "Crime and punishment", featured new psychology intern **TESS NEAL** and her interest in forensic psychology. "We're trained in graduate school that it is absolutely essential that you be objective when you do your evaluations," she says. "The problem is that there is no good training for how to be objective." [Read](#) the article.

ROXANNE ANDERSON, a 2010 participant from the department's Neuroscience and Mental Health Summer Internship Program, featured in a [WorcesterMag.com](#) article, Aug. 3. She speaks highly of the program and her internship with the Tobacco Consultation Service and the Wellness Initiative. When asked about her involvement in the program, she said: "I ... developed a brochure featuring different cessation medicines, questions to ask your doctor, and questions to ask your health insurance provider. The brochure was later sent to different health offices in Central Massachusetts. This work got me thinking about what I hope to do in the future and furthered my interests in psychology, addiction studies and public health."

Yael DVIR MD and **JEAN A. FRAZIER MD**'s paper [Autism and Schizophrenia](#), which was published in the March 15 *Psychiatric Times*, has been reported to be the most popular article and has received the most clicks of recent articles since its publication. The article highlights the biological and clinical links between autism and schizophrenia.

"The clinician with a patient in their office has to weigh the benefits vs the risks for that individual person.... So clinicians have to make a judgment, and it's a complicated decision." **ANTHONY ROTHSCHILD, MD** commented on off-label use of atypical antipsychotics on [Medscape Medical News](#), Sep. 27.

WENDY MARSH MD, MS and her co-authors awarded a top 2011 [Poster Prize](#) at the 22nd Annual North American Menopause Society (NAMS) Meeting in Washington DC, Sep. 24. Using the SWAN (Study of Women's health Across the Nation) database, Dr. Marsh and colleagues' study found that a longer duration of estradiol exposure, measured by years from menarche to menopause, prior to entering the menopausal transition was protective against depression during the menopausal transition. Read what Dr. Marsh says in the [Reuters Health article](#), Oct. 4.

AMY WACHHOLTZ PhD, MDiv contributes to a Special Report on spirituality and health in the October 2011 issue of [Australian Women's Health](#) magazine. "...taking 20 minutes out of your day to stop and turn off the mobile phone, television and radio, and be present in the moment may actually have some positive spiritual effects."

At the **Be Mentally Well** lecture "Understanding the Complex World of Bullying," held on Oct. 12, **NEGAR BEHESHTI MD** gave an overview focused on how to identify who are targets and who are aggressors. **LAURA MYERS MSW, EdD** said, "Responding to the nationwide bullying crisis requires knowing how to recognize the signs as well as the social norms that promote a passive acceptance of bullying behavior." [Read](#) the story about this event in the Oct. 18 *UMass Med Now*.

The ability to earn a living is a major life goal for most adults, including those who live with major mental illnesses. UMass Medical School's partnership with **Genesis Club** provides work experience for its members. [Read](#) the "Transitional employment improves lives of adults with mental illness" story in the Oct. 19 *UMass Med Now*.

Community Healthlink, Inc. featured in a [WBUR](#) story on Monday, Oct. 31. The CHL programs embed primary care in its outpatient behavioral health clinic. The project is one of approximately 55 nation-wide focused on integration of behavioral and primary care that is funded by a grant from SAMHSA.

Recognitions

PGY-3 resident **KERRY WILKINS, MD** wins fellowship award from the Association for Academic Psychiatry. Dr. Wilkins is 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. Dr. Wilkins teaches and mentors peers, medical students and high school students. Finally, Dr. Wilkins acted as a mentor for the UMass Psychiatry Student Interest Group.

DMH has been awarded a one-year SAMHSA planning grant to develop an infrastructure to implement a developmentally appropriate system of care for transition age youth statewide. Out of 40+ applications, only 24 were funded, and Massachusetts is one of the only ones with a TAYYA focus. The Transitions RTC was pleased to provide technical assistance to DMH in the planning of this grant, specifically by connecting them to both Tempo of Framingham and Communities of Care in Worcester, as well as suggesting the evaluation team at Center for Health Policy and Research of UMMS. This grant is not only a wonderful opportunity for the state, but it will also strengthen the ties between DMH and UMass Medical School.

JESSICA GRIFFIN PsyD, GENE THOMPSON, and **MELODIE WENZ-GROSS PhD** will be part of a five-year federal grant awarded to the Massachusetts Department of Children and Families (DCF) by the Administration for Children and Families at the Department of Health and Human Services. This state-wide **child trauma initiative** focuses on improving child trauma practices within the Department of Children and Families and increasing the numbers of clinicians trained in evidence-based trauma treatments throughout the state. This is a collaborative effort among a group of provider agencies (including LUK Crisis Center, Boston Medical Center, and Justice Resource Institute) and UMMS. LUK, a not-for-profit social service agency located in central Massachusetts, dedicated to improving the lives of youth and their families, will be the primary agency. As part of the grant, UMass will provide clinical training in Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and conduct the evaluation. As the only certified TF-CBT trainer in New England, Dr. Griffin will provide training and leadership for clinicians in this effort throughout the state. Gene will provide initial guidance and technical assistance. Dr. Wenz-Gross will direct the project's evaluation.

AARON LAZARE MD presented with a Distinguished Alumni Award in recognition of outstanding service by an alumnus whose work has made a significant mark in the field of medicine and whose efforts have brought about distinction for Case Western Reserve University School of Medicine.

DAVID COCHRAN MD selected as a 2012 Laughlin Fellow of The American College of Psychiatrists and will be attending the next Annual Meeting to be held Feb. 22-26, 2012, in Naples, Florida.

A UMass Memorial Health Care Cancer Center of Excellence Program Development Grant was awarded to Drs. Suzana Makowski, MD, MMM and **AMY WACHHOLTZ PhD, MDiv** to investigate "Cancer Patient as Teacher: Evaluating the Efficacy of Purposeful Narrative Intervention for Patients with Advanced Cancers on Quality of Life and Dignity". This is a collaborative study that focuses on evaluating a novel method where patients are invited to teach medical students about what they wish doctors to know about their experience with cancer and cancer care and what matters most to them. The goals of the study are to judge how effective "patient as teacher" narratives are and to judge their effect on patients' quality of life.

AMY WACHHOLTZ PhD, MDiv awarded a K23 grant from NIDA on Using Multi-Dimensional Pain Reactivity to Develop a CBT Treatment for Co-morbid Opioid Addiction and Pain. The grant will focus on two studies. The first will look at psycho-physiological differences between individuals with comorbid pain and opioid addiction with: 1) buprenorphine, 2) methadone, 3) have a history of treatment with opioid agonists, but have prolonged abstinence, and 4) opioid naive normal controls. The second study will use the information from the first study to develop a CBT+Self-regulation intervention to treat individuals with co-morbid opioid addiction and chronic pain.

Announcements

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

November

The Humanities in Medicine Committee of the Lamar Soutter Library and the Department of Psychiatry are hosting [Becoming a Doctor Without Losing Yourself](#), a talk and book signing by Christine Montross MD, on Wednesday, **Nov. 16**, 2011, in the library's Rare Book Room. Reception is at 5 p.m. with the talk to begin at 5:30 p.m.

Global



PATRICK SMALLWOOD MD delivered his first lecture in Portuguese on major depression at the Brazilian Expo held at the DCU Center, Sep. 17. Dr. Smallwood is part of the Movimento Educationista DOS EUA (Educational Movement of the USA), which works toward preservation of the Brazilian language and culture in the USA.

JEFFREY GELLER, MD, MPH will be presenting "The Transformation of the Public Psychiatric Hospital from Custodial Care to Rehabilitation and Recovery" at the [World Congress of the World Federation for Mental Health 2011](#) in Cape Town, South Africa, at the International Convention Centre October 17-21, 2011.

During 2011, **THOMAS GRISSO PhD** and **LAURA GUY PhD** stimulated the development of a consortium of European investigators who perform child mental health research using tools and methods developed in the Law-Psychiatry Program at University of Massachusetts Medical School. The founding members of the consortium, known as the International Forensic Screening and Assessment Network for Adolescents (InForSANA), are all involved in clinical research on mental health problems among youth in juvenile justice settings in the Netherlands, U.K., Belgium, Germany, Spain, Switzerland, Italy and Turkey. Their objective is to employ a uniform database format and uniform methods across research sites in order to improve their ability to do comparative international research on delinquent youths' mental health needs. InForSANA members have recently applied for two European research grants to further their work.

Dr. JAAKKO SEIKKULA is a visiting professor in our department Oct. 30-Nov. 4. Dr. Seikkula is professor of psychotherapy, clinical psychologist, and family therapist from the Department of Psychology, University of Jyväskylä, Finland. Dr. Seikkula is extremely accomplished in the open dialogue approach when providing consultation for psychiatric patients. He has had individual meetings as well as meeting the research team with whom he has collaborations with. He also kindly offered a series of public lectures covering topics from the background of open dialogue to research and training elements in developing new practices.



Wellness

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

Thank you for supporting the Walk to Cure Cancer! We raised **\$1,679** to support the UMass Medicine Cancer Center of Excellence! Thank you to all staff that participated in the yard sale/bake sale and the drawing! Congratulations to the Walk to Cure Cancer drawing winners: Alicia Turcotte, Larry Behan, Sun Kim, Denise Barrett, Barbara Finckler, Angela Camacho-Duran, Marylou Ruppert, Rosa Rosario, and Alan Brown.



October is National Breast Cancer Awareness Month

 National Breast Cancer Awareness Month educates women about the importance of early detection. More and more women are getting mammograms to detect breast cancer in its earliest stages. As a result, breast cancer deaths are on the decline. Encourage the women in your life to get mammograms on a regular basis. For more information visit www.nbcam.org.



Cranberry Bread

¼ Cup Smart Balance or Earth Balance, room temp
½ cup honey
1 cup orange juice (or ½ cup orange juice and ½ cup water)
1 egg, slightly beaten (or 1/4 cup egg beaters)
2 tablespoons grated orange rind
2 cups whole-wheat flour

2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup walnuts (or pecans)
1 heaping cup of cranberries, coarsely chopped

Cream Smart Balance. Add honey and beat until light and creamy. Add orange juice, water, egg and orange rind, beating until well mixed.

In a separate bowl, combine dry ingredients. Stir into wet ingredients just until combined. Stir in nuts and cranberries.

Turn dough into greased loaf pan. Bake in preheated 350 degree oven for 50 minutes to 1 hour. Bread will be done when a cake tester inserted in the middle comes out clean. Let bread stand in pan for 10-15 minutes, and then turn out onto a cooling rack. Cool completely before slicing.

Recipe courtesy of [Center for Integrative Nutrition](#)

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