

January/February, 2012

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Greetings from the Chair

Welcome to 2012! Thanks again for all your help and teamwork. Last year was a very successful year overall for the Department. We appreciate your outstanding contributions to the clinical, education, research, and community engagement missions. As we hopefully move through the milder winter months, remember to take the necessary precautions to stay healthy and well. Thanks Barb Grimes-Smith for the ongoing work of our Wellness Initiative. I want to also welcome Julie Bates, PhD who has joined the Department and the Career Development Research Office (CDRO). Spring is just around the corner -- and we appreciate all the ongoing help and contributions from faculty, staff, and trainees to prepare for our upcoming Departmental 5-year review! We will continue to provide updates via the Department Meetings and the many Division, Program, and Center meetings. Many thanks to everyone behind the scene keeping this organized. The Medical School LCME review of medical student education occurs this early March (every 8 years) and a big thanks to Deb, Yael, Sheldon, Cindy, Mai-Lan and the many other faculty and staff who help lead our programs and do the training of medical students in such an outstanding way.

Best wishes,

Doug

Calendar

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

March: National Nutrition Month. Save Your Vision Month.

Mar 5-11: National Sleep Awareness Week

Mar 7: Department meeting. Faculty Conf Room (S1-342), Noon-1 p.m.

Mar 8: 4th Annual Massachusetts DMH Research Centers of Excellence Conference: "Relationships and Recovery: Advancing the Research"

Mar 12-18: Brain Awareness Week

Mar 28: Be Mentally Well - Managing the Impact of Alzheimer's Disease. Amp 1, 6:30-8:30 p.m.

April: National Autism Awareness Month. Alcohol Awareness Month.

Apr 2: Light it up Blue

Apr 4: Department meeting. Faculty Conf Room (S1-342), Noon-1 p.m.

Apr 5: National Alcohol Screening Day

Apr 16: Patriot's Day. Holiday for Medical School employees.

May 23: Psychiatry Research Day

May 30-31: 5-year Site Visit

Nov 7: Psychology Day

Headlines

Maryann Davis PhD interviewed with Deborah Becker from WBUR, Dec. 6, 2011 following the November triple murder in Weymouth. Donald Rudolph, 18, is accused of killing his mother, his sister and his mother's boyfriend. "Even though Massachusetts has worked very hard to improve their services, there are many, many, many problems with this age group being able to access the mental health treatment that they need," commented Maryann on the access of the "transition age youth" to mental health services. Maryann is research associate professor at Center for Mental Health Services Research (CMHSR) and director of Learning and Working During the Transition to Adulthood Rehabilitation Research and Training Center (Transitions RTC) at CMHSR. Listen to the [podcast](#) or read the [article](#) "Slayings Raise Concerns For 'Transition Age Youth'" for more info.



Kristina Deligiannidis MD was quoted in the [Bethesda Magazine](#) on Seasonal Affective Disorder.

Ellen Sharenow PhD quoted in an article in the October of 2011 issue of *Bay State Parenting Magazine* entitled: "I Would Trade Places in a Heartbeat: When your daughter has breast cancer." Dr. Sharenow discussed the range of emotions involved in mother-daughter relationship when a grown daughter has breast cancer: "Many women have the perception that their mothers are fragile and they are concerned with being strong for them. Indeed it is often the nature of women to assume a caretaker role even as their circumstances change and they need caretaking themselves." Dr. Sharenow is assistant professor in our department and health psychologist at the Cancer Center of Excellence.

Former smokers invited to inspire others to quit as Ex-Smokers Hall of Fame is launched, led by **Tina Grosowsky, MA**. "The purpose of this initiative is to encourage smokers to quit and champion people who have quit." Read the story in the Jan. 31 [UMassMed Now](#).

Anthony Rothschild MD is leading a clinical trial for deep brain stimulation, a state-of-the-art approach that has shown great promise in previous small studies of patients suffering from treatment-resistant depression. The article, *New hope for treatment-resistant depression*, is in the Feb. 3 [UMassMed Now](#). Dr. Rothschild was also quoted in the Mar. 2nd [Worcester Telegram & Gazette](#) article, *At UMass Medical, brain 'pacemaker' targets depression*. The trial is about to start and the medical school is one of just 20 sites in North America, and the only New England site.



A recent article, *Teaching the tricks of the tobacco trade - Psychiatrists in training learn about dangerous new tobacco products*, featured in the February 28 [UMassMed Now](#), discusses the Case Conference conducted by **Ryan Coffman MPH** and **Tina Grosowsky MA** for Psychiatry residents. "Mental health professionals are at the forefront of combating the tobacco epidemic," said Ryan Coffman.

Recognitions

Melissa L. Anderson MA selected as recipient of the 2012 APA/APAGS Award for Distinguished Graduate Student in Professional Psychology by the Board of Professional Affairs and the American Psychological Association of Graduate Students. Melissa is the psychology intern in our department and a doctoral candidate in clinical psychology at Gallaudet University.

Kristina Deligiannidis MD has been selected to participate in the 2012-2014 Career Development Institute (CDI) in Psychiatry, a two-year career enhancement opportunity that provides support around launching and maintaining a career in mental health research. The NIMH-funded CDI Award includes a 5-day workshop at the Univ. of Pittsburgh including one-to-one consultations with psychiatry faculty, oral presentations by participants critiqued by CDI faculty, didactic lectures, and an opportunity to submit a grant proposal for review at a mock NIH study section. The CDI also includes a methodology seminar, workshop evaluation and preparations for activities for structured long-distance mentoring and longitudinal assessment of participants' career goal progress.

Announcements

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

April

Doug Ziedonis MD, MPH will be the keynote speaker at the Partnership for a Tobacco-Free Maine Intensive Tobacco Treatment Training and Conference to be held April 30-May 3, 2012, in South Portland, ME. Dr. Ziedonis will speak on "Addressing Tobacco in Mental Health and Addiction Settings".



Wellness

Check out the [Wellness Webpage](#) for up-to-date health information and the latest Wellness News Winter 2012 newsletter.

To keep your heart healthy:

- ♥ Eat healthy
- ♥ Get active
- ♥ Manage your stress
- ♥ Stop smoking/using tobacco (and stay away from secondhand smoke)
- ♥ Watch your weight
- ♥ Control your cholesterol, blood pressure, and blood sugar
- ♥ If you drink alcohol, drink only in moderation
- ♥ Talk to your doctor about taking a daily aspirin (if you are a man over the age of 45 or a woman over 55)

Fun Fact - A dark chocolate a day keeps the doctor away according to WebMD. Dark chocolate contains flavonoids which are good for your heart. More is not better though. Limit portion size to 1.6 ounces a day. Remember, even dark chocolate is full of fat, sugar and calories.

For more heart healthy information visit:

- [American Heart Association](#)
- [Department of Psychiatry Wellness Webpage](#)
- [Healthy Lifestyle Blog](#) by Sherry Pagoto, Ph.D.

Free Health Apps:

- [SuperTracker: My foods. My fitness. My health.](#)
- [Macaw Health and Fitness App](#)
- [Text2Quit.com](#)- for help in quitting tobacco
- [Fooducate.com](#)- eat a bit better



Have a health question?

Ask the Wellness Experts

Barbara.Grimes-Smith@umassmed.edu

For more information about the UMass Psychiatry Wellness Initiative, contact [Barb Grimes-Smith](#), Program Director.

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