

March/April, 2012

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Greetings from the Chair

Many thanks to all for your assistance in the completion of the 5-year Self-Study narrative! It was great to see our divisions, centers, programs, and groups come together to reflect on their accomplishments and strategic priorities. As many of you saw at the department meeting, the written sum of our work was 4 large binders of material. The report has been submitted and we look forward to the scheduled site visit at the end of May.

In an effort to increase communication and provide more information about our department to others, we have completed our APA-TV video as well as a 28-page high-quality brochure. Our department was showcased by the video at this year's meeting of the American Psychiatric Association. Among other things we hope the video and brochure will help us with recruitment of trainees, staff, and faculty as well as community engagement. Both the video and high-quality brochure will soon be available on our website.

As I stated in my opening letter to the site reviewers, I am grateful for the opportunity to lead this dynamic department and its dedicated team to the fulfillment of our goals. Happy Spring!

Best wishes,

Doug

Calendar

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

May 6-12: National Children's Mental Health Awareness Week

May 28: Memorial Day – Holiday for Medical School and hospital employees.

May 30-31: 5-year Site Visit

Jun 13: Psychiatry Public Sector Conference

Jul 4: Independence Day – Holiday for Medical School and hospital employees.

Sep 23: 14th Annual UMass Medicine Cancer Walk

Nov 7: Psychology Day

Headlines

Anthony Rothschild MD, quoted in Mar. 2nd Worcester Telegram & Gazette, gives information about a clinical trial on deep brain stimulation, in which an electrode is implanted into the brain and connected to a

pacemaker in the shoulder. The trial is about to start at UMass Medical School, one of just 20 sites in North America, and the only New England site. [Read the story.](#)

Dr. Rothschild recently spoke about the symptoms of a major depressive episode. In the video featured on [UMassMed Now](#), he also explains the different types of depression, as well as research currently underway.

The program, “**Be Mentally Well: Managing the Impact of Alzheimer’s Disease**,” was presented by the Department of Psychiatry on March 28. It featured speakers who addressed the latest in genetic testing, treatment options and caregiving support. Read about the event which was covered in a recent [Telegram & Gazette](#) article and also in [UMassMed Now](#).



A paper written by **BNRI’s Liwang Liu, Rubing Zhao-Shea, Paul D. Gardner, and Andrew R. Tapper**, “Nicotine Persistently Activates Ventral Tegmental Area Dopaminergic Neurons via Nicotinic Acetylcholine Receptors Containing $\alpha 4$ and $\alpha 6$ Subunits”, was published in the April issue of Molecular Pharmacology. An image from the paper was also selected as the issue’s cover. [Read the paper.](#)

Amy Wachholtz PhD, MDiv was interviewed for the article, “Conversion disorder: medical mystery with psychological underpinnings,” in the April 1 *New England Psychologist*. Dr. Wachholtz said that conversion disorder is relatively rare and extremely difficult to diagnose, calling it a coping mechanism that causes a bodily system to shut down due to overload. “Generally, it’s a diagnosis of exclusion, which makes it so much more difficult to diagnose. You have to rule out every potential medical issue.” [Read the article.](#)

Nancy Byatt DO, MBA was interviewed for a [MCPAP article](#), “Starting Off Right: How Primary Care Clinicians Can Foster Mental Health Wellness during the Transition to Parenthood”, and also referenced in the May issue of the [MCPAP newsletter](#), listing resources for perinatal depression taken from her presentation: “Strategies for Addressing Perinatal Depression in the Primary Care Setting,” given at Baystate Health’s Children’s Mental Health conference on March 28, 2012.

Recognitions

The American College of Psychiatrists has selected **David Cochran MD, PhD**, a second-year child and adolescent psychiatry fellow, as a 2012 Laughlin Fellow recipient. Each year, The College selects ten residents deemed most likely to make a significant future contribution to the field of psychiatry. The Fellowship program was launched in 1976 to recognize outstanding accomplishments by psychiatry residents in the United States and Canada.

Amy Wachholtz PhD, MDiv was selected to participate in the Twelfth Annual Summer Institute on Randomized Behavioral Clinical Trials in July. The objective of the trials is to provide a thorough grounding in the conduct of randomized clinical trials to researchers and health professionals interested in developing competence in the planning, design, and execution of randomized clinical trials involving behavioral interventions.

Dr. Wachholtz was invited to represent the American Psychological Association as part of a research delegation attending the conference, “The Psychology of Religion in China and the US: Methods, Topics, and Collaborative Opportunities,” at Remin University in Beijing, China.

Peter Metz MD recently organized and chaired the annual NECCAP President’s Meeting on “Health Care Reform in MA: Opportunities and Challenges for Child and Adolescent Psychiatrists.”

Ellen More PhD and co-editors were awarded the 2012 prize for best publication for their book, *Women Physicians and the Cultures of Medicine* (Johns Hopkins, 2009), at the annual meeting of the Archivists and Librarians of the History of the Health Sciences in Baltimore on April 26, 2012.

Kristina Deligiannidis MD was elected to the ASCP Board of Directors in the recent election poll for ASCP Officers and Directors. She will assume this role at the Board of Directors meeting in Phoenix at the end of May.

Peter Metz MD was acknowledged as the project chair for the document, "Guide for Community Child Serving Agencies on Psychotropic Medications for Children and Adolescents," recently released by AACAP. Read the document [here](#).

Sun Kim RN, PhD presented on "Culturally Tailored Smoking Cessation Interventions for Asian Americans" at a recent CP MassCONECT (Massachusetts Community Networks to Eliminate Cancer Disparities through Education, Research, and Training) Meeting.

Kenneth L. Appelbaum MD was selected to receive the Mass Psychiatry Society's 2012 Outstanding Psychiatrist Award for the Public Sector.

Jean King PhD will be recognized at the Women's Faculty Committee Annual Awards Luncheon here at UMass and presented with the Outstanding Mentoring Award.

Yael Dvir MD has been selected to receive financial support for registration of the upcoming AAMC Early Career Women Faculty Professional Development Seminar to be held July 7-10, 2012 at the Bolger Center in Potomac, MD.

A new resource on juvenile competence to stand trial (JCST) entitled *Developing Statutes for Competence to Stand Trial in Juvenile Delinquency Proceedings: A Guide for Lawmakers* was recently launched. This [guide](#), authored by **Kimberly Larson JD, PhD** and **Thomas Grisso PhD** as part of the John D. and Catherine T. MacArthur Foundation's Models for Change Initiative and the National Youth Screening and Assessment Project (NYSAP), will assist state policymakers in the creation of JCST legislation.

Ex-smokers looking for a distraction from nicotine cravings can play "Crave Out!," a new game app for iPhone and iPad developed at UMass Medical School. Crave Out! uses a system of increasingly difficult levels of play designed to keep players engaged long enough for a nicotine craving to pass. Crave Out! in its current fruity form is based on a prototype game initially developed for use on personal computers by a teenaged summer intern and tested for usability with adult smokers referred to the study by the **Tobacco Consultation Service**. Read about Crave Out! in the March 26 [UMassMed Now](#).



Ex-Smokers' Hall of Fame and UMass Tobacco Free Initiative 4th Anniversary Celebration-UMass employees are championed!

April 25th was the UMass Ex-Smokers' Hall of Fame and UMass Tobacco Free Initiative 4th Anniversary Celebration. The highlight of the event was a series of posters featuring ex-smokers' that work at the UMass Medical School, UMass Memorial Medical Center, and member organizations of UMass

Memorial Health Care, who agreed to tell their stories of how they quit smoking. It's hard to quit smoking. This event shows there is hope for people who want to quit smoking; that there are people in our community who have successfully quit smoking; and by sharing their stories it will hopefully inspire others to quit smoking.

One of those featured ex-smokers is Ryen Welker McGrath. Ryen works in Employee Health. Ryen was in college when he started smoking. Initially he just smoked a couple of cigarettes a day but then it increased to a pack a day. His life became regimented and revolved around smoking. Ryen decided to quit smoking because of his young daughter. He signed up for smoking cessation sessions at UMass and used the free nicotine patches offered to UMass employees through the Tobacco Free Initiative. He felt it was really helpful to have the support of the program and the free nicotine patches. Now Ryen feels life is so much more pleasurable, especially cooking and eating. Ryen's advice to smokers...it is never too late to quit.

Visit the [Central MA Tobacco-Free Community Partnership](#) website to read more stories and learn about available resources to help you quit smoking.

Announcements

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

May

NAMIWalk – **May 12**, 11:00 a.m. (9:00 a.m. check in), Artesani Park, Brighton. Please join our UMass Walks the Walk team as a walker or donor! A great cause and a good morning walk with a few thousand like-minded and hearted people. To sign up or sponsor a walker, simply Google NAMI Walk MA or click [here](#). Pedometers (and 5000 steps) available to every UMass Walks the Walk volunteer! Contact [Allison Beckler](#) or [Alan Brown](#) (your team captains) for more info.



Wellness

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

On April 3rd, the Integrative Health Academic Interest Group hosted the 4th Annual Complementary & Integrative Therapies Expo and Lecture. Participants had the opportunity to speak to 40+ local practitioners and receive personal complementary treatments to experience the therapies that are becoming increasingly integrated into modern medicine. The evening presentation, *Adding Wings to the Peppertree: Healing at the End of Life*, was given by Suzana Makowski, MD, Program Director, Palliative Care, UMass Memorial Medical Center and Assistant Professor of Medicine, UMass Medical School.

Did You Know? According to the National Center for Complementary and Alternative Medicine (NCCAM), 38.3% of U.S. adults (about 4 in 10) use some form of complementary and alternative medicine (CAM). According to Lake and Spiegel (2007), individuals with a psychiatric disorder are significantly more likely than the general population to use CAM therapies. Most also concurrently utilize conventional treatment. In addition, patients who report severe depressed mood or anxiety symptoms use CAM treatments most often. Therefore, it is imperative that providers are knowledgeable about CAM and discussing it with their patients/clients.

For more information on CAM visit:

UMass Psychiatry Wellness Web-Based Toolkit

<http://www.umassmed.edu/psychiatry/wellness.aspx>

NCCAM Time to Talk Tips on Complementary Health Practices

<http://nccam.nih.gov/health/tips>



**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.

*Department of Psychiatry
University of Massachusetts Medical School
55 Lake Avenue North*

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To submit an item for publication or to be added to the distribution list, e-mail Jennifer.Wu@umassmed.edu.*