

May/June, 2012

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Greetings from the Chair

Summer is already here and I'd like to welcome the new psychiatry residents and other trainees! Last week we had a terrific visit by the Commissioner of the Department of Mental Health, Marcia Fowler. She and Deb Pinals spent the day meeting with faculty, staff, and leaders within UMass Memorial and the Medical School system. At the recent Department meeting we also welcomed some outstanding new faculty members and acknowledged recent awards. In addition, we reviewed the outstanding feedback that the Department received from the 5 year review process. Although this Departmental five year review is a required activity by the University of Massachusetts Board of Trustees, we learned a lot and identified some important areas to further enhance. We were able to review the very positive findings and also areas in which the system will further support our efforts based in part on this process. I would like to take this opportunity to thank each of you as members of our UMass Department of Psychiatry community for your dedicated efforts supporting our departmental mission areas. On this occasion, I extend to all of you my heartfelt thanks for your contributions during the self-study process, the site visit and for making our department such a successful and invigorating place to work. Have a pleasant summer!

Best wishes,

Doug

Calendar

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

Sep 3: Labor Day – Holiday for Medical School and hospital employees.

Sep 23: 14th Annual UMass Medicine Cancer Walk

Oct 31: Research Day

Nov 7: Psychology Day

Headlines

Doug Ziedonis MD, MPH was keynote speaker at the annual Senior Scholars Presentation Day at UMass Medical School on May 2. The UMMS Senior Scholars Research Program is an educational enrichment elective for fourth-year medical students in which they conduct up to three months of supervised research with the sponsorship of a research faculty mentor. Dr. Ziedonis spoke about his personal experiences as a mentee and mentor. Read the story in [UMassMed Now](#).

Doug Ziedonis MD, MPH, Gary S. Moak MD, Patrice M. Muchowski SciD, and David A. Wilner MD, clinical associate professor of medicine, are quoted in a [Telegram & Gazette](#) story about the increase in substance abuse among older adults.

Tom Grisso PhD, Gina Vincent PhD, Kim Larson JD, PhD, and Laura Guy PhD are dedicated to championing the mental health needs and legal rights of the youngest individuals in the justice system. The Law and Psychiatry Program's National Youth Screening and Assessment Project (NYSAP) is a provider of technical assistance to help states change their juvenile justice systems for the MacArthur initiative. Read the story, "Reforming juvenile justice state by state," in the May 17 [UMassMed Now](#).

Greg Seward MS and Ryan Coffman MPH talked to WTAG's Jim Polito in studio about how UMass Medical School is helping people quit smoking. Read the May 24 [UMassMed Now](#) article.

Recognitions

Stephanie Hartwell PhD, Professor of Sociology at UMass Boston and Adjunct Research Associate Professor of Psychiatry at UMMS, recently received the Chancellor's Award for Distinguished Teaching. Colleagues and students speak of Professor Hartwell's "unparalleled pedagogical creativity," her innovative courses with engaging approaches, her inspiring classroom presence, and her enthusiastic commitment to students. Students and alumni describe feeling "lucky" and "privileged" to have Professor Hartwell as both a teacher and an advisor.



Thank you and congratulations to all who participated in May 12th's **NAMI Walks**. The team recruited 32 walkers and, to date, has raised over \$5000!

Jean King PhD was awarded the Outstanding Mentoring Award at the 2012 Women's Faculty Awards luncheon held last month. Read about the achievements celebration in the May 15 [UMassMed Now](#).

Jieun Lee, PhD, health psychology faculty member, was invited to give a presentation at Seoul Women's University in Seoul Korea on May 30th. The title of her talk was "Health Psychology: Promoting Physical and Mental Health."

Greg Seward MS was an invited presenter on Tobacco and Nicotine Dependence at the 3rd annual West Coast Symposium on Addictive Disorders (www.wcsad.com) last month (May) in Palm Springs.

Greg Seward MS recently competed in the Heavy Athletics competition of the Rhode Island Highland Scottish Festival (<http://www.riscot.org>). Greg is seen here with the "Weight Over Bar".



"What I've learned in the six years since my breakdown is that not only can we get better, we can get better than we were before," said speaker Meg Hutchinson. The Public Sector Psychiatry Conference, held on June 13, discussed the topic of a recovery-based, patient-centered system of care and focused on patients living with mental illness. Read about it in the June 15 [UMassMed Now](#).

Announcements

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

Obsessive Compulsive Disorder (OCD) support groups: Every 2nd Thursday from 6-7 PM*. There are two groups that run simultaneously – Group 1 is for those who have OCD; Group 2 is for family and loved ones of someone diagnosed with OCD. These groups are client lead with professionals present. These groups are

geared for adults and teens, are free of charge, and are associated with OCD Massachusetts and the International Obsessive Compulsive Disorder Foundation. Location: Biotech One, UMass Worcester.

*Starting in September there will be a lecture series from 6-7 PM with the support groups taking place after the lecture from 7-8 PM. An OCD and OCD spectrum expert will be presenting for one hour on a topic related to OCD and treatment. Contact Carla Kenney, MA LMHC for questions about these groups and the lecture series. Carla@ocd-therapy.net or (781) 775-1127.

Global



As part of Dr. Xiaoduo Fan's many collaborations with Shanghai Mental Health Center over the past three years, Drs Ziedonis and Fan were pleased to welcome Dr. Chunbo Li, soon-to-be vice president at Shanghai Mental Health Center (SMHC), and Dr. Jianhua Shen, one of the chief psychiatrists from SMHC, to our UMass Department of Psychiatry as part of their MGH/Harvard Visiting Faculty tour.



Wellness

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

Men: Take Charge of Your Health!



Here are some resources to help you stay healthy:

- [Men Stay Healthy at Any Age: Your Checklist for Health](#)
- [WebMD Men's Health Center](#)
- [CDC- Men's Health](#)

Wellness Resources:

- [UMass Psychiatry Wellness News Spring 2012](#)
- [Eat Well Guide](#)
- [Activities to Fit Your Lifestyle](#)



Get Fit at the **CMHSR**, One Change at a Time! For 6 weeks in May and June the CMHSR staff met to discuss small changes that they can make to become healthier. Each week focused on one specific small change that can be easily incorporated into a person's day. The goal was to build upon the previous week until staff had incorporated 6 small changes into their daily routine. The wellness initiative was a huge success!

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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