

Psychiatry Connections

Issue: #1

June/2017

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Chair's Corner

Interim Chairman's Message

by **Sheldon Benjamin, MD**

With the departure of Dr. Doug Ziedonis for the sun-drenched shores of the Pacific, I am honored to serve as your Interim Department Chair. Although I've been here for over 3 decades, I do not know many of you yet and there are parts of the department to which I've never been. I hope to have the opportunity to visit many of our department's clinical, research and teaching sites as well as our affiliates and partners in the coming months to hear your ideas and insights, and to get to know one another better. To begin the process, I will tell you a little about me.



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Feature Article on New Directions in Behavioral Health

Leading the Way

by **Nancy Shohet West**

Integrated Care in Psychiatry: Leading the way for patient-centered, cost-effective and improved care

As Associate Medical Director for Behavioral Health at the UMMHC Office of Clinical Integration (OCI), Dr. Alan Brown's role is often a matter of putting theory into practice.

But that's certainly not as easy as it may sound. "A lot of the funding changes that came about with health care reform are pushing hospitals in the direction of clinical integration," he said. "Our work involves translating those directives into actual programming that helps organizations meet these goals. This is Obamacare in action."



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Research Spotlight on Maryann Davis, PhD

Optimizing Mental Health and Life Outcomes for Transition Age Youth and Young Adults with Serious Mental Health Conditions

by **Julie Bates, PhD**

Building Services to Improve Mental Health, Well-being, Education and Career Outcomes for Emerging Adults

Transition-aged youth and young adults (aged 15-29) with Serious Mental Health Conditions (SMHC) are highly vulnerable to poor life outcomes including unemployment, justice system involvement, homelessness, and substance abuse.

Dr. Davis has dedicated her career as a researcher to developing supports and treatment for individuals with SMHC during the transition years from adolescence to adulthood, and she has been a guiding influence in bringing national attention to behavioral health needs of this age group. Her work has focused on identifying critical problems, at both the individual, community, and systems levels, and shaping solutions to these problems that specifically address mental health needs and services research for a previously unrecognized and grossly underserved population.



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APA TV

Faculty Spotlight

My Journey

by [Boris Lorberg, MD](#)

As one of my favorite bits of wisdom goes - "when the student is ready, the teacher appears..."

Growing up in the Soviet Socialist Republic of Ukraine, I always felt like a student - reading like my life depended on it. You might ask, "A student of what?" The answer to that question has evolved so much that the most accurate version may consist of "To Be Determined..."

When it came to my early career aspirations, I had fascination with and clear plans to study the life of birds.

By the age of 16, I was a serious budding ornithologist: catching and banding migrating birds, helping catalogue bird collections at the Kiev Museum of Natural History, and co-authoring a case report on discovering a long-distance winter migrant's unusual nesting occurrence in Ukraine.



[READ MORE](#)

Welcome GME Trainees

Forensic Psychiatry Fellowship



Margarita Abi Zeid Daou, MD
Forensic Fellow

Child Psychiatry Fellowship



Isha Jalnapurkar, MBBS
Child Fellow



Xuejing Li, MB, PhD
Child Fellow



Diana Mujalli, MD
Child Fellow

General Psychiatry Residency



Cassidy Cooper
Adult Psychiatry



Arielle Hancu
Adult Psychiatry



Kendra Kobrin
Adult Psychiatry



Destiny Pegram
Adult/Child Psychiatry



Mariko Shimizu
Adult Psychiatry



Kate Stanton
Adult/Child Psychiatry



Taylor Young
Neuropsychiatry

Congratulations New Chiefs

Child Psychiatry Fellowship



Ashley Holland, DO
Academic Chief



Mallory Markloff, MD
Outpatient Department Chief

General Psychiatry



Kayla Behbahani, DO
Program Chief Resident
8 East Chief Resident



Matthew Brown, DO
Ambulatory Psychiatry Chief
Resident



Joshua Claunch, MD
Chief Resident in
Neuropsychiatry



Oliver Joseph, MD
Chief Resident in
Psychosomatic Medicine and
Emergency Mental Health



Kathryn Myer, MD
Chief Resident in Addiction
Psychiatry and
Psychopharmacology



Kathy Niu, MD
Chief Resident in
Neuropsychiatry



Leah Richler, MD
Program Chief Resident
Chief Resident in Geriatric
Psychiatry

2016-17 Grand Rounds Season

A reminder that the Department of Psychiatry Grand Rounds are weekly, Thursdays, noon to 1:00 pm, in the Lazare Auditorium (S1-607). CMEs are available for attendees. The complete schedule for the academic year can be found at

umassmed.edu/psychiatry/education/grand-rounds

Final Grand Rounds for the 2016-17 season:

What's New about Recovery?

THURSDAY, JUNE 8, 2017

Speaker: Larry Davidson, PhD

Grand Rounds will break for the summer and reconvene on Thursday, Sept 14, for the 2017-18 season.

Q/I Updates

Quality Improvement News

by [Jordan Eisenstock, MD](#)

QulP (Quality Improvement in Psychiatry) continues to meet the 4th Tuesday of each month. Several internally and externally driven projects are still ongoing, and many new projects are beginning regularly. Most internally driven projects are the product of ideas boards, which remain a focus of our Lean derived "production line," and help to ensure that great ideas from all the members of the Department can be heard and acted upon. The externally driven projects, by their nature, are not likely born from the minds of our own but rather regulatory or system requirements that simply need to be done. Although internally driven projects likely inspire more affect and vigor from QulP participants, both types are equally important and require similar resources to ultimately reach their goals.



CDRO Corner

Focus "Ahn" Personal and Professional Development

by [Mary Ahn, MD](#)

A reflection on academic careers and leadership by an Executive and Career Coach, Child Psychiatrist, Educator and Mom.

Work-Work Balance

We are all familiar with the term "Work-Life Balance." Simply put, Work-Life Balance is defined as the ever-changing task of juggling demands of your job versus the rest of your life. Although many argue that this is a mythological goal, the concept is worthy of consideration in career and professional development: being mindful of your "bandwidth," and prioritization/choices based on values. These are essential activities to strategically prevent burnout.



[READ MORE](#)

Wellness News

Wellness Initiative Updates

by [Barbara Grimes-Smith, MPH, Program Director](#)

What is on your daily bucket list?

A bucket list or wish list usually contains things a person would like to experience before he/she dies. This may include thrilling adventures, such as bungee jumping or swimming with a dolphin. Why keep the items on your bucket list to once in a lifetime kinds of experiences. Tuning into small things each day can bring joy, gratitude and peace. Instead, have a bucket list with ways to BE in the "present moment" each day. Open yourself to the possibilities that each day brings to cultivate joy, gratitude and peace. Examples of how to do this:



1. Stop what you are doing, relax your body, take 3 deep breaths and focus your attention on the inhalation and exhalation of each breath.

2. Make eye contact and smile at a family member, coworker or passerby.
3. Do a mindful scan of your body.
4. List 3 things each day you are thankful for. Tune into the things large and small that make you grateful.
5. Go for a walk and notice the birds chirping, the sun on your face and the beautiful flowers.
6. Enjoy your meal beginning to end. From preparing and cooking your meal, to enjoying the texture, taste and smell of your food all the way through washing the dishes.
7. Turn your phone off and have a face-to-face conversation with someone. Really pay attention to what he/she is saying.
8. Practice random acts of kindness.
9. Be present during your daily routine, such as while brushing your teeth to driving to work.
10. Engage in a creative process, such as art, writing or dance.
11. Play with your children.
12. Be kind and forgiving to YOURSELF.

What do you incorporate into your day to cultivate joy, gratitude and peace?

Please share what is on your **daily** bucket list. Send an e-mail to Barbara.Grimes-Smith@umassmed.edu. Responses will be shared with staff in future communications. Thank you!

Faculty Advancement

Faculty Appointments, Promotions and Tenure

June 2016 - May 2017

Congratulations to the following for Appointments, Promotions, and Tenure:



Assistant Professor

Lee Ashendorf, PsyD
Anya Bernstein, MD
Christina Cantrell, PhD
Siu Ping Chin Feman, MD
Linda Colby, MD
Sureyya Iscan, PhD
Hussam Jefee-Bahloul, MD
Wynne Morgan, MD
Ashley Murray, PhD
Auralyd Padilla, MD
Elliot Pittel, MD
del Carmen (Caridad) Ponce-Martinez, MD
Abita Raj, MD
Meredith Ronan, PsyD
Angela Wendorf, PhD
Rama Krishna R. Yarasani, MD, MPH

Associate Professor

Megan Kelly, PhD

Clinical Associate Professor

Rebecca Lundquist, MD

Adjunct Associate Professor

Gordan Harper, MD

Professor

Michael Elmes, PhD
Elizabeth Epstein, PhD
Theo C. Manschreck, MD

Andrew Tapper, PhD

Instructor

Jhila Biswas, MD
Timothy Breitholtz, MD
Joseph Falank, PA
Leila Frangieh, NP
Daria Hanson, MD
Bart Main, Jr., MD
Nicholas Moffa, MD
Douglas Munsey, MD
Idalmis Murray, RN, MSN
David Nawrocki, MSN, BC-ANP
Adeliza Olivero, MD
Guillaume Poirier, PhD
Helene Presskreischer, PsyD
Gregory Seward, MSHCA, LSW
Lorin Wilde, PhD, MS
Kerry Wilkins, MD
Diane Wolsieffer, NP

Tenure

David Smelson, PsyD

Staff Spotlight

Q&A

Interview with Sharon Kershaw

What is your title and role in the department? How long have you been here?

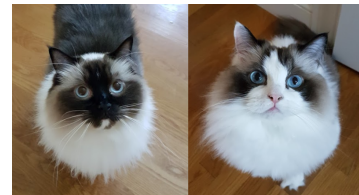
As a project coordinator working in CDRO, I am mostly responsible for creating and maintaining most of the department's web presence as well as departmental communications (including newsletter), videoconferencing, and assisting with special events. I have been with UMMS Psychiatry since May, 2009.

What are the favorite aspects of your job?

The favorite aspects of my job are constantly learning about new tools and computer applications and getting to be a little creative. When I don't know how to do something I need to accomplish, I look online for the answer. When time and opportunity do not permit you to sit in a classroom to gain knowledge, Google can be your best friend.

What do you like to do in your free time/days off?

I enjoy spending time with my husband and two kids, working in the yard, and playing with our two ragdoll cats. I enjoy cooking and traveling and, although we don't get many opportunities to do so, my family enjoys going camping, fishing, and canoeing. When we get the chance, we also like to attend football games (go Patriots!)



Clinic Update

Center for Autism and Neurodevelopmental Disorders (CANDO) Celebrates 4th Anniversary!

**Eunice Kennedy Shriver Center
CANDO**

provides comprehensive evaluations, consultations and/or short-term treatment for youth and adults with an autism spectrum disorder,

neurodevelopmental disorders, Fragile X, ADHD, mood disorder, anxiety disorder, and psychosis diagnoses by the following providers:

- Psychiatrists
- Advanced Nurse Practitioner
- Psychologists
- Child Neurologist
- Neuropsychological Testing (in-house referrals)
- Social Worker
- Occupational Therapist
- Speech and Language Therapist
- Nutritionist/Registered Dieticians
- Board Certified Behavior Analyst (BCBA)
- Autism/Fragile X Family Resource Specialist

Specialized Interdisciplinary Team evaluations are available for youth with:

- Autism and Neurodevelopmental Disorders with Co-morbid Psychiatric Diagnoses
- Fragile X
- Anxiety and OCD
- Mood and Psychosis
- Weight Management Program for Individuals with Intellectual and Neurodevelopmental Disabilities



To Learn More:

Call: 774-442-2263

Email: CANDO@umassmemorial.org

Website: <http://www.umassmed.edu/psychiatry/clinicalservices/child-adolescent-clinical-services/cando/>

Calendar of Events

THURSDAYS - Grand Rounds - Lazare Auditorium, 12-1pm See Grand Rounds [schedule](#)

JUNE 13 - [Public Sector Psychiatry Conference](#)

JUNE 15 - Resident Graduation

Calendar						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Communications Highlight

Special thanks to Sharon Kershaw for her dedication to managing Psychiatry web-based communications, including the construction, layout and publication of Psychiatry Connections.

Do you have something you would like to contribute to **Psychiatry Connections**? If so, please send us an email by clicking the link below.



[Psychiatry Communications](#)

Psychiatry Connections is published quarterly.

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