Greetings from the Chair

I hope you are all doing well as we await the arrival of spring. We have prepared a variety of lectures and events in the coming months. The second of the Be Mentally Well lecture series will focus on depression. The series is free and open to the public, representing our commitment to share with the community the latest clinical discoveries and research undertaken by the department. We hope to contribute to the mental well-being of the residents of the Commonwealth. Psychiatry Grand Rounds is being accessed by more people at more locations, thanks to the videoconferencing capacity – and we are pleased to have recently added Health Alliance as the fourth location to access Grand Rounds live. I strongly encourage you to learn more about event details in the calendar and announcement section of this newsletter and our online calendar. See you tomorrow at the department meeting!

Doug

Calendar

(Check the announcements section for more event info.)

Mar 2: Next department meeting. Noon-1 p.m., Faculty Conference Room. See you there!

Mar 3: Seminar by Richard Anthony Edden, PhD on "Edited MRS of GABA: Inhibition in Functional NeuroImaging and Behavior," 4-5 p.m., Rm. 205 of the BNRI

Mar 3: Grand Rounds lecture: Mindful Practice and Quality of Care. Noon-1, Lazare Auditorium, University Campus.

Mar 15: Be Mentally Well lecture series: Understanding and Treating Depression. 6:30-8:30 p.m., Amphitheater 1, University Campus. Registration is free – please call Diana at 508-856-3066.

Apr 21: Complementary and Alternative Medicine (CAM) Academic Interest Group (AIG) lecture series: Integrative Medicine: Reflections on Past, Present, and Future Challenges and Opportunities. Speaker: David M. Eisenberg, MD, 6:30 p.m., Amphitheater I, University Campus.
May 2: Women Authors Evening. 5:30-8:30 p.m., Faculty Conference Room, University Campus. Featuring Tess Gerritsen MD, physician and internationally known best-selling author of the Jane Rizzoli and Maura Isles novels.

June 1: CME event featuring Dr. Aaron Lazar on shame, humiliation, and apology. 4:30-7:30 p.m., Faculty Conference Room, University Campus.

June 15: 27th Public Sector Conference: Using Mindfulness for Improving Care of Patients with Serious Mental Illness and Clinicians' Self-Care. All day, Amphitheater III. University Campus.

Headlines

The Addiction and Comorbidity Treatment Service recently celebrated its grand opening at its 361 Plantation Street office. The team welcomed more than 50 attendees who learned about the services offered for those struggling with a drug or alcohol addiction, both with and without additional psychiatric or medical disorders.

Pictured (from left) at the open house: Jacob Kagan, MD; Douglas Ziedonis, MD, MPH; Gerardo Gonzalez, MD; Alan Brown, MD

Photo courtesy of Robert Carlin Photography.

The Center for Mental Health Services Research has created the Transitions Research and Training Center to help young people with serious mental health conditions transition from school to the workplace. Read more about it in the UMass Med Now article.

In the wake of the Arizona shootings, an op-ed in USA Today by Jeffrey Geller MD, MPH calls for mandatory reporting laws for people suffering from psychosis. Dr. Geller was also interviewed on WOR Radio in New York City regarding this editorial.

JEFFREY GELLER MD, MPH comments in Fire Starters, a T&G article about firefighters.

“To me the criminalization concept has always been something of a ‘black box’ that links a person’s status as an individual with a psychiatric disorder to elevated risk of arrest…,” says William Fisher PhD, in the article Study Examines Relationship of Arrests, Mental Illness in Psychiatric News.

JOANNE NICHOLSON PhD interviewed recently in several publications and speaks on topics of interest such as: Should You Tell Your Kids About Your Mental Illness? (PsychCentral), 11 Healthy Resolutions for 2011 (Boston Globe), and Resolutions Resolve (T&G).

AMY WACHHOLTZ PhD, MDiv interviewed by NECN and gives tips on making New Year’s resolutions healthy & reachable. Watch the video.

The Emergency Mental Health Service team has improved access to care with a 24/7 triage telephone line (866-549-2142) for patients experiencing mental health emergencies. Of the 6,600 evaluations the team provided in the University Campus Emergency Department in 2010, many patients may have benefited from being treated in a community setting. Thanks to a partnership with Community Healthlink (CHL), patients can now receive emergency care at CHL’s
Worcester site or mobile assistance in their home or community location when appropriate. The goal of this collaboration is to decrease unnecessary use of the ED while improving patient access to necessary services.

It’s still winter! Are you or someone you know experiencing sadness, loss of pleasure, irritability, excessive sleepiness day and night, along with increased appetite? Do you regain good cheer in the spring? Listen to Kristina Deligiannidis MD in the Expert’s Corner on Seasonal Affective Disorder.

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**Recognitions**

Every year, staff from our Outpatient Psychiatry Clinic donates time and money to shop for the Coats for Kids Campaign, which benefits Worcester Public School children and younger siblings. For each child selected, clinic staff supplies a new jacket with a hat and pair of mittens or gloves with a small Beanie Baby or toy tucked into a pocket.

YAEL DVIR MD selected to participate in the 2011 Career Development Institute (CDI) for Bipolar Disorder which takes place in Pittsburgh, PA, March 26-29. The CDI for Bipolar Disorder program is an exciting career enhancement opportunity that provides support around launching and maintaining a career in this important area of research.

KRISTINA DELIGIANNIDIS MD’s UMass Center for Clinical + Translational Science (CCTS/CTSA) pilot grant was funded for 2 years. This will enable the screening of over 350 perinatal women at risk for postpartum depression in the West 4 OB clinic at Memorial and 60 of those will become participants in the full study. The CCTS/CTSA PPP will focus on neuroendocrine markers in perinatal depression; the upcoming NIMH K23 proposal will focus mainly on neuroimaging biomarkers. Additionally, Dr. Deligiannidis was just awarded the Society for Biological Psychiatry (SOBP) Travel Scholarship Award to attend this year's meeting in San Francisco.

GREG SEWARD MSHCA, LADC-I, CTTS-M, CADC, LSW’s talent as a tobacco treatment specialist has been widely recognized. His hidden talent as photographer was just uncovered—the Lamar Soutter Library used a 2007 photo he took in its newly released annual report. In the photo is a building at Worcester State Hospital that was demolished.

GSBS Program in Neuroscience alumna Yan Jiang MD, PhD, wins NARSAD Young Investigator award for her research into basic processes occurring at the molecular level in the brain that may underlie depression which began at the Brudnick Neuropsychiatric Research Institute. Read the story in the UMassMedNow, Feb. 14.

LINDA CAVALLERO PhD has won a Healey award for her project, “Family Court Litigation: Demographics and Findings from a Family Court Clinic Population.” The award will be used to study demographic results over the past 10 years of an assessment model questionnaire completed by two parent families who have been assessed by the UMass Family Court Clinic.

NANCY BYATT DO, MBA received a UMMS Faculty Scholar Award for her project, “Perinatal Mental Illness: How Can Barriers to Treatment Be Overcome?” The project will conduct focus groups to obtain the perspectives of women who have experienced perinatal mental illness in
order to inform the development of a multi-disciplinary intervention to improve mental health treatment for perinatal women.

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**Announcements**

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

**March**

There’s an increasing interest in integrating mindfulness into healthcare. How can physicians benefit from this both professionally and personally? Come to hear Dr. Ronald M. Epstein on **Mindful Practice and Quality of Care**. Dr. Epstein has done some very important work on physician burnout and self-care. He’s Professor of Family Medicine, Psychiatry, Oncology and Nursing at the University of Rochester Medical Center, and Director of the Center for Communication and Disparities Research. His NIH-, AHRQ- and foundation-funded studies have added to our understanding of the impact of patient-physician relationships and communication on health, the process of care and health care costs. In particular, his research has focused on patient-centered care and clinician mindfulness and self-awareness. **Mar. 3** grand rounds, noon-1, Lazare Auditorium, University Campus.

A seminar entitled “**Edited MRS of GABA: Inhibition in Functional NeurolImaging and Behavior**” by Richard Anthony Edden, PhD, will be held Mar. 3, 4-5 p.m., Rm. 205, Brudnick Neuropsychiatric Research Institute (BNRI). Dr. Edden is Assistant Professor, Division of Neuroradiology in the Department of Radiology at The Johns Hopkins University, and Assistant Professor at the Kennedy Krieger Institute. For more information, please contact Yvette Gonzalez at 508-856-6452.

Depression is a daily reality against which millions struggle. Many have found a variety of strategies to help them not just survive, but thrive. We offer the second in the Be Mentally Well lecture series entitled “**Understanding and Treating Depression**” to the community, free. **Mar. 15**, 6:30-8:30 p.m., Amphitheater 1, University Campus. Topics will include:

- Recognizing the signs and symptoms of depression
- Treatments for depression
- Depression in the elderly
- Doing well and feeling better

**April**

**Apr 21**: Complementary and Alternative Medicine (CAM) Academic Interest Group (AIG) lecture series: **Integrative Medicine: Reflections on Past, Present, and Future Challenges and Opportunities**. Speaker: David M. Eisenberg, MD, Bernard Osher Distinguished Associate Professor of Medicine at Harvard Medical School; Founding Director of the Osher Research Center at Harvard Medical School; Founding Chief of the Division for Research and Education in Complementary and Integrative Medical Therapies. 6:30 p.m. (Refreshments at 6 p.m.), Amphitheater I, room S2-102, University Campus.
May

Women Authors Evening will be held in the Faculty Conference Room on Monday, May 2, 5:30-8:30 p.m. Featured speaker is Tess Gerritsen MD, best-selling author of the Jane Rizzoli and Maura Isles novels. Dr. Gerritsen was trained at Stanford University and is an internationally known author. This event is to benefit the YWCA of Central Mass Daybreak resources and services.

Wellness

February is Heart Month

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)

For more heart healthy information visit these websites:

- American Heart Association
- Go Red for Women- February 4th
- Department of Psychiatry Wellness Webpage

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.