Greetings from the Chair

I continue to WOW at all your successes and achievements! I will just mention a few things here. The UMass Psychiatry Team was the third highest online fundraiser for the Massachusetts NAMIWalks in May. Thank you for your contributions as walkers and donors. Congratulations to the successful 27th Public Sector Conference on mindfulness. I hope you enjoyed the opportunity to experience mindfulness while learning about it. Also thanks to Jaques Ave Five, a band of our own clients and clinicians from Community HealthLink, for providing music entertainment at the conference again this year. Our Addiction division has been newly formed, bringing research and service in this area to a new level. Our Depression Specialty Clinic has been recently included in the National Network of Depression Centers (NNDC) which is comprised of only 22 leading depression centers and academic medical centers in the nation. This is a great honor and timely recognition of the quality work we do here. Drs. Yixiao Fu and Mingli Li have finished their visiting scholar terms here and returned to China. Their visits have lead to more promising collaborations with our faculty. Read more to find out what your colleagues are up to.

Doug

Calendar

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


Jul 6: Next department meeting in the Faculty Conference Room – see you there!

Headlines

Amy Wachholtz PhD, MDiv has been under the spotlight lately. She commented in an AnnArbor.com article about student athletes and lousy spring weather in early May. She was later interviewed by several media outlets on prayer and health care. According to research done by Dr. Wachholtz and published by the American Psychological Association, praying about health issues dramatically increased among American adults over the past three decades. “We’re seeing a wide variety of prayer use among people with good income and access to medical care,” Wachholtz said. “People are not exchanging health insurance for prayer.” Dr. Wachholtz is assistant professor of psychiatry, director of Health Psychology, and health psychologist at the Psychosomatic Medicine Service at UMass. Read more about her views in these stories:

AnnArbor.com: It’s raining, it’s pouring, spring high school athletes are snoring, May 7
American Psychological Association: More Americans praying about health, study says, May 23
wbur.org: More Americans praying for their health, May 24
The UMass Department of Psychiatry has been awarded a Tobacco-Free Community Capacity Building Program grant from the Massachusetts Department of Public Health Tobacco Cessation and Prevention Program. The department will work in collaboration with community members, schools, healthcare providers, worksites, faith-based organizations, local officials, community-based organizations, media outlets, parents, former smokers, youth, and community coalitions to change community norms in order to 1) reduce tobacco use, and 2) reduce exposure to secondhand smoke in Central Massachusetts. The department will implement strategies to enhance the community’s capacity to develop meaningful partnerships; raise awareness of the consequences of tobacco use, tobacco industry tactics, and available cessation resources; and advocate for and implement evidence-based interventions such as policy change.

The 27th Public Sector Psychiatry Conference, "Using Mindfulness for Improving Care of Patients with Serious Mental Illness and Clinicians’ Self-Care", was successfully held on campus. Psychiatrists, psychologists, nurses, social workers, patients and family members familiarized themselves with how mindfulness can improve the therapeutic encounter and its consequences for both the individuals receiving and providing the therapy. Read the article in the Jun. 21 UMass Med Now.

Anthony Rothschild MD awarded a five-year grant of “Sustaining Remission in Psychotic Depression” from the National Institute of Mental Health to address a question of profound clinical importance: What are the risks versus benefits of continuing treatment with antipsychotic medication, once an episode of psychotic depression has responded to combined antidepressant and antipsychotic pharmacotherapy. The new NIMH Study, which also involves the analysis of genetic markers believed to be involved in predicting relapse in psychotic depression and side effects from medications, will provide clinicians with a much-needed evidence base to guide the continuation treatment of one of the most disabling and lethal psychiatric disorders.

Depression Specialty Clinic has been recently included in the National Network of Depression Centers (NNDC). NNDC is a network of leading depression centers and academic medical centers that have come together to effect a transformation in the field of mood disorders making diagnosis affordable, accessible and acceptable. It is comprised of only 22 leading depression centers and academic medical centers in the nation.

**Recognitions**

The 3rd Annual Complementary and Alternative Medicine Expo, held on Apr. 21st at the UMass Medical School, was highly successful. The Expo provided a wonderful opportunity to speak to local practitioners and to receive personal complementary treatments in order to experience the therapies that are becoming increasingly integrated into modern medicine. This year’s event also featured a special evening presentation by David M. Eisenberg, MD titled “Integrative Medicine: Reflections on Past, Present, and Future Challenges and Opportunities.” Dr. Eisenberg is the founding director of the Osher Research Center and Bernard Osher Distinguished Associate Professor of Medicine, Harvard Medical School. This event was a collaborative endeavor between medical students, the UMass Complementary and Alternative Medicine Academic Interest Group, Simonds-Hurd Complementary Care Center affiliated with HealthAlliance Hospital, Women’s Health of Central MA, and the UMass Medical School’s Pathway on Serving Multicultural and Underserved Populations.

Rebecca Lundquist MD, Monika Kolodziej PHD, and Greg Seward MSHCA, LADC-I, CTTS-M presented on “Co-occurring Disorders in Women: pre-pregnancy, pregnancy and mothers of young children—how can an academic medical center work with community agencies to optimize care?” at the 3rd Annual Spectrum Health Systems Breaking the Cycle of Co-occurring Disorders in Women Conference, Westborough, May 6. This conference highlighted the societal and personal stigma, as well as the historical lack of gender specific treatment that has perpetuated this cycle. The focus was on collaborative approaches among providers and advocates for medical, mental health, and substance abuse treatment for women with co-occurring disorders, as well as child care providers, housing agencies, educators and government entities. View the presentations.
The Worcester Telegram article City hall notebook reports that Worcester City Council voted on May 10, 2011 to approve an ordinance banning the sale of tobacco products, including blunt wraps at pharmacies. Tobacco products are already not sold at any of UMMC or UMMHC pharmacies, says Greg Seward, MSHCA, LADC-I, CTTS-M, director of the UMass Tobacco-Free Initiative. The new ban will go into effect 45 days from May 10, giving local pharmacies until the end of June to sell off current tobacco stocks. Also banned are tobacco advertisements that can be seen from outside a store as well as tobacco sales near educational institutions.

Team Psych’d participated in the Central MA Heart Walk, May 14. The team raised over $1,000 to benefit the American Heart Association. Great job Team Psych’d!

The Outstanding Mentor Award was presented to Douglas Ziedonis MD, MPH at the 11th annual Women's Faculty Awards, May 16. The awards honor faculty members—men and women—for outstanding community service, excellence in education, achievement in health and science, excellence in clinical care and outstanding mentoring. Read the May 19 article and view photos in UMass Med Now.

"An Act Relative to Insurance Coverage for Autism" (ARICA), signed into law by the Massachusetts state legislature in Aug. 2010, requires that private health insurance companies cover the diagnosis and treatment of autism in Massachusetts. To help families and care providers realize the full potential of the benefits ARICA provides, the UMass Medical School Eunice Kennedy Shriver Center for Developmental Disabilities’ Colloquium Series recently hosted "We Got Insurance! What Happens Next? The New Autism Insurance Law in Massachusetts and the New Autism Insurance Resource Center." Read the article in the May 26 UMass Med Now.

May 27 marked the third anniversary of the Tobacco Free Initiative, undertaken jointly by UMMS and UMass Memorial to promote health and reduce the risks of exposure to second-hand smoke among all who work, study and receive medical treatment at their facilities. Read an update in the May 27 UMass Med Now and see how this initiative has improved quality of life.

A Jun. 14 article in the Berkshire Eagle entitled "Finding Women the Help They Need" discusses, in part, a research study involving Kate Biebel PhD, Gifty Debordes-Jackson MA, Nancy Byatt DO, and a wonderful community organization, MotherWoman, Inc. The article can be retrieved in the Berkshire Eagle Online Archive by its subscribers.

Mary M. Bennett, LICSW, director of Men's and Women's Anger Management Program, talked about anger management on three shows with Romana Interviews on Worcester cable. Using everyday examples, these shows are great introduction into understanding and beginning to mange anger as well as deconstructing anger. All three shows were aired on WCCA TV13 and will repeat again in the Fall. Previews can be accessed on YouTube:
1. Elements of an Apology;
2. Deconstruct Anger w/ Mary M. Bennett - Part One; and
3. Talking Nonviolent w/ Mary Bennett - Part Two.

Amy Wachholtz, PhD, MDiv, interviewed on post-disaster psychological effects by Hank Stoiz of Wake up Worcester on WCRN AM 830, as he broadcast live from donation drop-off center at Commerce Bank on Grafton Street, Jun. 17. This is the morning program of a day-long RadioThon that the radio stations of Worcester participated as part of the city-wide fundraising effort for victims of the recent tornados. Dr. Wachholtz is director of health psychology at UMass Memorial Medical Center and assistant professor of psychiatry at UMass Medical School.

Kristina M. Deligiannidis, MD and Constance Moore, PhD featured in lead story "Study uses brain imaging to understand postpartum depression" on UMass Med Now, Jun. 22. The story highlights the neuroimaging pilot data which led to Dr. Deligiannidis’s new grant funded through the UMass Center for Clinical and Translational Science and the Pilot Project Program Award, which is part of a broader five-year, $20 million Clinical and Translational Science Award UMMS received in 2010 from the National Institutes of Health. Also featured is a participant from the study. Dr. Deligiannidis is assistant professor of psychiatry, director of the Depression
Specialty Clinic, and psychiatrist at the Women’s Mental Health Specialty Clinic. Dr. Moore is associate professor and associate director of Translational Imaging at the Center for Comparative Neuroimaging.

With training and support from the Department of Psychiatry’s **Central Massachusetts Communities of Care** (CMCC), West Boylston and other Central Massachusetts school districts are embracing Positive behavioral interventions and Supports as a way to help create a school atmosphere where students know and model positive behavior school-wide. Read more in the Jun. 28 article on **UMass Med Now**.

**Lisa Fortuna MD, MPH** discussed post traumatic stress disorder in children and special issues for Latino kids and families on Spanish talk radio on WUNR 1600 AM, Jun. 30. WUNR 1600 AM is one of Greater Boston’s oldest ethnic radio stations. Dr. Fortuna is assistant professor and director of Child and Adolescent Multicultural Health Services Research.

Several of our faculty were elected in Massachusetts Psychiatric Society elections at the recent MPS annual meeting. **Marie Hobart MD** completed a triumphant year as MPS president, recognized a few devoted MPS members with presidential citations, and gave summary remarks on the past year to widespread accolades. **Deborah Field MD** was recognized as the state’s outstanding psychiatrist in the public sector. Several department members began their terms of office, following statewide elections:

- **Alex Sabo MD** – President-elect
- **Sarah Langenfeld MD** – Treasurer
- **Sheldon Benjamin MD** – Councilor (second time in this role)
- **Anthony Rothschild MD** – APA Representative (also second time in this role)
- **Stuart Anfang MD** and **Alan Brown MD** – Nominating Committee
- **Yael Dvir MD** and **Caroline Fisher MD** – continue as APA representatives through 2013 (The majority of our state’s representatives to the APA Assembly are now UMass Dept members.)
- **David Cochran MD** progresses from Area 1 Member-in-Training deputy representative to MIT Representative to the APA Assembly this year.
- **Jeffrey Geller MD** is completing his term as APA Vice President.

An article by **Joni Utley, MA**, psychiatry intern, and **Amy Wachholtz PhD, MDiv**, entitled “Spirituality in HIV+ Patient Care” (MS #1047) has been published in the Psychiatry Issue Briefs, Vol. 8, Issue 3. This issue provides an overview of the role of spirituality for individuals living with HIV, and offers recommendations for service providers. **Barry Feldman PhD, Al Grudzinskas JD, Bernice Gershenson MPH, Jonathan Clayfield MA, LMHC, and Richard Cody JD** coauthored the article "The Impact of Suicide Calls on Police" in Issue 4 of the Psychiatry Issue Briefs. It examines the impact and stressors for police officers of responding to completed suicide calls.

**Kristina Deligiannidis MD** recently returned from San Francisco where she received a Society of Biological Psychiatry Travel Fellowship Award to attend the 66th SOBP Annual Meeting, President's reception (Helen Mayberg, MD) and an Awards Reception. Six junior investigators in biological psychiatry research were awarded from the U.S., and six were awarded internationally to receive this fellowship award. Photo L to R: **Trey Sunderland MD** (SOBP Executive Secretary), **Kristina Deligiannidis MD**, and **Elliott Richelson MD** (SOBP Treasurer).

**Leonard Doerfler PhD**, professor and director of the Counseling Psychology Program, selected as the 2011 recipient of the Paul Ziegler Presidential Award for Excellence in Scholarship from Assumption College. This award is given in recognition of outstanding scholarly contributions.

**Yael Dvir MD** received the 2011 Association for Academic Psychiatry Jr. Faculty Award. This is a competitive national award that honors promising early career academic psychiatrists who will be able to utilize the resources of AAP to further their academic careers. Candidates for the award are evaluated on the quality and breadth of their teaching, educationally based administrative responsibilities, curriculum innovations and past academic projects.

**Luke Gabriel** received the GSBS student achievement award for best mid-thesis research in the graduate school.

**Rashad Hardaway**, a talented third year medical student who is part of the Research Pathways program, chosen as recipient of the Thomas Detre Award. The University of Pittsburgh offers an annual senior medical student travel grant program, supporting students who wish to take a clinical or research course (visiting elective) at the
University of Pittsburgh/Western Psychiatric in the 2011-12 academic year. Rashad has a developed interest in child psychiatry, development, and neuroimaging.

**Boris Lorberg MD** newly appointed as co-chair of the Early Career Psychiatrist Committee at the AACAP (American Academy of Child and Adolescent Psychiatry). His term will continue through the conclusion of late fall, 2013. Dr. Lorberg is assistant professor of psychiatry and medical director of the Adolescent Intensive Residential Treatment Program at Worcester State Hospital.

**Wendy Marsh MD** accepted into the Junior Faculty Development Program (JFDP) for the 2011-2012 academic year. The JFDP is an intensive professional development experience for junior faculty designed to facilitate their success in academic medicine.

The Program for Clubhouse Research’s collaboration with Genesis Club to “Incorporate Tobacco Cessation Activities in an ICCD Clubhouse” will be featured in an upcoming report published by the Legacy Foundation titled "Tobacco Use and Mental Illness." A copy of the report will be available soon on its [website](#). The report describes the clubhouse model, the tobacco cessation project, the interventions, and the new materials developed. The Program for Clubhouse Research is directed by Colleen McKay, MA, CAGS.

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**Announcements**

**July**

The University of Alabama at Birmingham’s Nutrition Obesity Research Center has announced a NIH-funded conference on Adipogenic and Metabolic Effects of Antipsychotic Drugs **Jul. 11-12** at the Hilton Newark Airport Hotel in New Jersey. [More information](#)…

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**Global**

**Drs. Yixiao Fu** and **Mingli Li** have successfully completed their visiting scholar terms of six months and three months, respectively. Dr. Fu returned to Chongqing Medical University, China, and will continue to work with Drs. Jean Frazier and David Kennedy on comparative imaging studies of children and adolescents. Dr. Li returned to the lab of Dr. Tao Li, co-PI of the ATTOC China project, in the West China Hospital. Their collaborations with Drs. Doug Ziedonis and Nanyin Zhang in tobacco cession and schizophrenia have expanded and will continue. Drs. Fu and Li send their best regards to you. Thanks to those who have welcomed them with warmth and kindness!

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**Wellness**

Check out the [Wellness Webpage](#) for up-to-date health information.

**Men: Take Charge of Your Health! June is Men’s Health Month.** Here are some resources to help you stay healthy:

- [Men Stay Healthy at Any Age: Your Checklist for Health](#)
- Men’s Health Guide. Go to [www.maclearinghouse.com](http://www.maclearinghouse.com) to order a free copy