Greetings from the Chair

Dear Friends and Colleagues,

I hope summer went well.

September means the start of the Grand Rounds season, and I'm extending my gratitude to everyone who has and will contribute to the Grand Rounds program this year.

September is also Recovery Month, and I have been so impressed by all of our efforts and focus on recovery in our clinical, research, and teaching activities, including ways to increase consumer involvement and providing clarity for the role of peers.

The Grand Rounds season kicked off with a discussion on “Open Dialogue and Recovery.” This was an opportunity to reflect on the meaning of recovery and ways to expand our efforts in recovery oriented practices.

Mary Olson gave an outstanding introduction to the Open Dialogue approach - including clinical practice and organizational change. Recovery is a choice and a journey. What is the role of the clinician? The discussion included comparisons to the addiction treatment system and the 12-Step model of recovery that has helped countless addicts. What are the cutting edge approaches to recovery oriented practices in mental health and addiction that we should integrate? There are many questions and there is ample opportunity for dialogue.

Recovery is personal, and there are many choices; it can provide a sense of hope, connection, empowerment, and meaning to many. What does recovery mean to you?

I want to thank everyone on our team for their continued dedication and hard work, including the faculty, staff, trainees and consumers/peers who are all contributing to the many new projects focused on recovery.

Best wishes,

Doug

Can Vitamin D help battle depression?

Wendy K. Marsh, M.D., M.S., assistant professor of psychiatry, UMass Medical School and UMass Memorial Health Care, is trying to find out, using a
The premiere showing of the Child and Adolescent Neurodevelopment Initiative's (CANDI) video titled, "Introducing Clinical Trials to Families...Research for Children & Adolescents with Mood Disorders" will take place Oct. 1, 5:30-7 p.m., UMMS Faculty Conference Room S1-342. Free and open to the public; refreshments. RSVP: 508-856-5080 or Keith.Roberts@umassmed.edu

Students give Internship program high marks

Eleven students from around the United States completed the 2012 Neuroscience and Mental Health Summer Internship program operated by the Department of Psychiatry.

The program gives high school pupils a brief educational glimpse into different aspects of the medical profession.

Omar Zaki, a junior at South Kingstown High School in Rhode Island, called this summer's experience life-changing. "I came into the program in the summer before my junior year believing I was very interested in neurosurgery, but now I know that I definitely would like to do something in psychiatry or neurology."

Now in its fourth year, the internship program has graduated 27 students and drawn from the work of some 20 University of Massachusetts Medical School faculty members who have been mentors in the program.

Students in the program shadow faculty advisors several times a week and participate in classes, trivia games, role playing and workshops focused on issues pertaining to teenagers and neuroscience.

This year's program co-leaders were Meghan Heffernan and Elif Sikoglu of the UMMS Department of Psychiatry's Center for Comparative NeuroImaging (CCNI).
Be Mentally Well to survey substance abuse risks to adolescents

The psychiatry department's Division of Addiction Psychiatry will present noted faculty members in a program called Adolescents at Risk: The Challenge of Substance Abuse on Oct. 10, 2012. The event is part of the Be Mentally Well series. Topics for the evening include:

- An exploration into the question of addictive personalities
- How to recognize the early signs of substance abuse
- Understanding adolescent brain development and substance abuse
- A discussion of the "New Drugs on the Block"
- The concerns surrounding "Pain Killers"
- One youth's personal experience, strength and hope

To register in advance: Phone: 508-856-3066; Fax: 508-856-2725; E-mail: Diana.langford@umassmemorial.org

Wellness News
From the UMass Psychiatry Wellness Initiative

SAMHSA National Wellness Week 2012 September 17-23
National Wellness Week's theme is Living Wellness, to emphasize that no matter which dimension of wellness we focus on, our ultimate goal is to live well within our bodies, minds, and communities. The theme also shows that wellness is not static or finite; rather, it's a continuous journey. Visit the UMass Psychiatry Wellness Initiative Web-based Toolkit.

14th Annual UMass Medicine Cancer Walk September 23, 2012
Support the UMass Medicine Cancer Walk and be entered into a drawing to win prizes! Purchase raffle tickets from Marie Paquette at OPD, Barb Grimes-Smith at Biotech One, or Denise Barrett in the Chair's Office. Tickets at $5 each or 3 for $12. Last day to purchase tickets is Friday, September 21st. Drawing to be held on Monday, September 24, 2012.

Upcoming
Support the UMass Medicine Cancer Walk (Sept. 23) and be entered into a drawing to win prizes!

Purchase raffle tickets from Marie Paquette at OPD, Barb Grimes-Smith at Biotech I or Denise Barrett in the Chair's Office.

Tickets are $5 each or 3 for $12. Last day to purchase tickets is Friday, Sept. 21.

Oct. 1, 2012
CANDI Video: "Introducing Clinical Trials to Families," 5:30-7 p.m., UMMS Faculty Conference Room.

Oct. 10, Be Mentally Well Lecture Series, "Adolescents at Risk: The Challenge of Substance Abuse," 5:30-8:30 p.m., Amphitheater 1, UMMS.

Oct. 31, Research Day. UMMS Faculty Conference Room.