

# Psychiatry Connections

Issue: #2

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## Chair's Corner

## Departmental Public Sector Psychiatry Initiatives

by Sheldon Benjamin, MD



Public Sector Psychiatry has been a primary focus of our department since its inception. Over the past four decades the department has provided professional services at several other state hospitals which, like Westborough, have since closed. We provided psychiatric services to Department of Correction facilities for ten years. We have been a steadfast partner with the DMH on numerous projects. Our training programs have enjoyed sufficient support from the DMH to allow us to require public sector work as part of our adult and child psychiatry residency programs. We are fortunate to have many faculty and staff whose mission is to treat and/or research the best treatments for the most seriously and persistently mentally ill individuals in Central Massachusetts. In fact, I joined the department as an inpatient psychiatrist on our Westborough State Hospital contract in 1986 and first developed our Neuropsychiatry service there. Our department currently provides continuing education to the directors of the Department of Mental Health areas in the state and is the home of the Systems and Psychosocial Advances Research Center (SPARC).

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## Feature Article

## The UMass Department of Psychiatry Takes Part in International Opioid Awareness Day and National Suicide Prevention Awareness Month

By Barb Grimes-Smith, MPH, Program Director, CDRO



International Overdose Awareness Day (August 31st) is a global event held each year that aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the people that have been affected by overdose. Purple flags, representing the 2,069 opioid-related overdose deaths in Massachusetts last year, were displayed on the University campus quad. Recovery coaches were available on-site to answer questions and provide information on services and prevention of overdoses. Remember, overdose can affect anyone and overdose death is preventable.

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#### Research Update

## Moving the Psychiatry Research Agenda Forward

by William J. McIlvane, PhD, Vice Chair for Research

Both nationally and locally, the current research environment is in transition. Nationally, there is increasing emphasis on large-scale team science and science relevant to translation and implementation of research findings to improve the human condition. There is also political disruption that threatens to shake foundations of a research support system that has allowed our Department and University to develop into national leaders in our areas of focus.

Locally, our Department has been evolving a research portfolio that reflects national changes in emphasis and other changes implemented at the University level. We have new leadership that is challenged to deal with these changes. Given this environment, it seemed appropriate to discuss some of these changes, perhaps encouraging others to help our leadership meet them.

[Read More](#)

#### Career Development & Research Office

## NEW Staff Onboarding Resource



The CDRO announces a resource for new staff. The staff onboarding webpage is designed to augment the new employee orientation and provide one stop shopping for helpful information, resources and support to assist staff in their new positions. This information is also helpful to managers and staff that have been at UMass for a while. Check out the webpage at

<https://www.umassmed.edu/psychiatry/cdro/staff-onboarding-resources/>

## Welcome Forensic Psychology Residents 2017-2018

Heath Hodges, Ph.D.  
Vera Klinoff, Ph.D.  
Brianne Layden, Ph.D.

## UMass Medical School 2017 Service Milestones

### 5 Years:

Mariah Ackert  
Linda Brenckle  
Eduardo Caussade-Rodriguez  
Nancy Chan  
Anisa Hako  
Madelyn Hicks  
Laurel Post  
Padmameenakshi Sankaran

CONGRATULATIONS  


### 10 Years:

Terrie Burda  
Bernadette Shaw  
Amy Thornton  
Rubing Zhao-Shea

### 15 Years:

Kathleen Biebel  
Evgeny Rogaev  
Gina Vincent

### 20 Years:

Jonathan Clayfield  
Susan Doiron

### 30 Years:

Nicole Vernon

## 2017-2018 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](http://umassmed.edu/psychiatry/education/grand-rounds)

### Q/I Updates

## Celebrate Your Colleagues!

### By the Physician and Staff Engagement Team

Since May 2017, the Physician and Staff Engagement Team has been working to increase our department's efforts in recognizing the valuable contributions made by our faculty and staff. At each faculty/staff department meeting people have been asked to submit the name of a co-worker that they would like to recognize, along with the reason why. Faculty/staff that are unable to attend the meeting are also invited via e-mail to do the same.



Below is the list of individuals that faculty and staff wanted to celebrate for their contributions to the department:

Faculty: Rebecca Lundquist, Negar Beheshti, Auralydy (Lala) Padilla  
Staff: Kelly Chabot, Denise Barrett, Venera Xhafa, Entela Baolli

### Resident Updates

## Neuroscience and Mental Health Summer Internship Program

By Drs. Joseph Keating and Delia Bakeman



This past summer, the 2017 UMass Neuroscience and Mental Health Summer Internship Program occurred between July 10<sup>th</sup> and July 21<sup>st</sup>, and, with the help of UMass mentors and faculty involved, it was a great success. The 2 week program provided an opportunity for 13 bright, enthusiastic students from local High Schools to experience the day-to-day activities and rich academic environment UMass has to offer. Thanks to 8 mentors, including Paul Gardner, David Kennedy, Tina Grosowsky, Len Levin, Hemant Khanna, Gilles Martin, Peter Riskind and Boris Lorberg, we were able to accept 13 students among over 100 applications.

During their time with UMass, our students worked side-by-side with faculty and staff in various clinics and labs, attended regularly scheduled lectures provided by Sheldon Benjamin, Nancy Byatt, Robert Carey, Len Levin, Oleg Yerokhin, Navid Valizadeh, Beth DeGrush, Remko Van Luterveld and Natalie Anumba and presented poster presentations made by them under the supervision of their mentors and related to their neuroscientific field of interest.

We are very pleased with the excellent feedback from students, mentors and faculty alike. We would also like to particularly thank Denise Barrett, Brian Skehan, Zlatina Kostova, Sharon Kershaw, Raphael Carandang, Diane George, Jean Frazier and Vickie White who were all absolutely instrumental in helping this year's program run so smoothly. Given the numerous faculty volunteers required, we are hoping to keep the program running next year and are in need of faculty mentors, lecturers and coordinators. For those interested, we would be happy to lend any advisement for future coordinators who are willing to take on such a challenging and rewarding task.

#### Wellness News

## Building Resiliency

by Barb Grimes-Smith, MPH, Program Director, CDRO

*"Nurturing yourself is not selfish - it's essential to your survival and your well-being."*

~ Renee Peterson Trudeau



In addition to being important for your survival and well-being, nurturing yourself also fosters resilience, your ability to positively adapt to change or stress. This ability can enhance your judgment, decision making skills, communication, and relationships with family, co-workers and the people that you care for. What do you do to nurture yourself and build resilience? Here are some tips:

**Build** a support network. Who are your mentors and/or supporters both personally and professionally? What have you learned or gained from these relationships? In what areas would you like additional support or mentoring? Who do you look up to and admire? What qualities does this person possess? This may help you determine who to add to your network.

**Develop** a wellness strategy. What do you do to support your wellness? What energizes you? How does sleep, physical activity, healthy nutrition, relaxation, humor, and personal interests/hobbies fit into your plan?

**Write** down your plan. What do you need? What is doable given your current commitments? Have a contingency plan for when your schedule changes.

**Share** your plan. One way to stay accountable to your goals is to share them with another person.

**"The best six doctors anywhere and no one can deny it are sunshine, water, rest, air, exercise and diet."** ~ Wayne Fields

Quotes accessed from: <http://www.sagewoodwellness.com/25-inspirational-health-and-wellness-quotes/>

## Faculty Advancement

### Faculty Appointments, Promotions and Tenure

**June 2017 - October 2017**

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



#### Tenure

Jean Frazier, MD

#### Professor

Carl Fulwiler, MD, PhD  
Haley Melikian, PhD

#### Assistant Professor

Margaret J. Lawler, MD  
Jackie Raftery-Helmer, PhD  
Allison Stoner, PhD  
Amelia Swanson, PhD

#### Instructor

Dara Drawbridge, PhD  
Evan Gruber, PhD  
Joshua J. Haugh, DO  
Gilbert S. Macvaugh III, PsyD, ABPP  
Anne Marie Murray, PsyD  
Kathryn Sabella, MA

## Staff Spotlight

### Q&A

#### Interview with Tina Grosowsky, MA

##### What is your title and role in the department?

Title: Project Coordinator; Role: I Coordinate the Central MA Tobacco Free Community Partnership, a program of the Department of Psychiatry at the UMass Medical School. The Partnership works to reduce smoking prevalence and exposure to secondhand smoke in all of Central MA. This is accomplished through supporting policy change at the local level with the town Boards of Health, providing smoking cessation resources and providing community education and awareness of the tobacco industry tactics that target youth.



##### What are the favorite aspects of your job?

I enjoy working and collaborating with Barbara Grimes Smith, Director, on all aspects of the program. I like meeting people and I love working in the Central MA area, with local communities and community based organizations. Each day is different as I am often at meetings, giving presentations or meeting with new partners. Of course, seeing tobacco policy success over the years is very gratifying.

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

In my free time I support my twenty plus year meditation practice with more meditation whether it is a daily sitting practice, or on a weekend retreat. I enjoy spending time with my family, especially going to music concerts and eating at new restaurants and old favorites.

## **Humanities in Psychiatry Book Club**

The newly-formed *Humanities in Psychiatry Book Club* would like to invite all those interested to join us on a new endeavor - a book club focusing on the History of Psychiatry, Philosophy of Mind and the manifestations of psychiatric symptoms in art and literature. We plan to meet every 2 months, as informed by our schedules. Some of our meetings will be held at area museums and other venues of interest to stimulate a lively discussion. For more information contact Aekta Malhotra at [Aekta.Malhotra@umassmemorial.org](mailto:Aekta.Malhotra@umassmemorial.org).

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



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