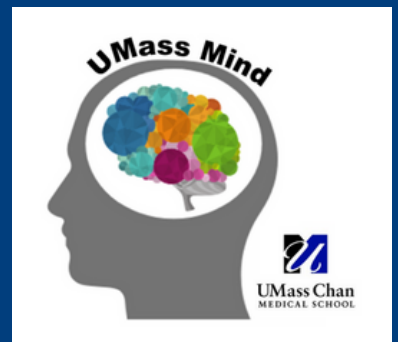


CENTRAL MASSACHUSETTS MIND NETWORK

DECEMBER 2021



Welcome!

THIS ISSUE:

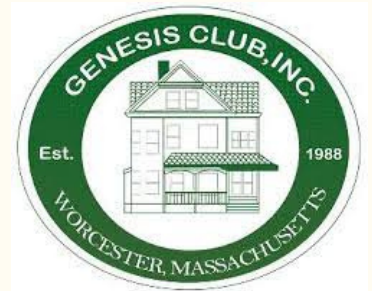
- Welcome!
- Food4Thought with Genesis Club
- STEP Clinic
- Current Studies
- We're Hiring!

Thank you for your continued support of the UMass MIND Program. The Central Massachusetts MIND Network was developed to create a more inclusive community among patients, family members, mental health advocates, local organizations, and providers within the Greater Worcester Area. Over the years, we have shared groundbreaking research, local services, various events, and connected over 500 community members. We hope that this network will continue to serve as a catalyst to promote collaboration among all of the Central Massachusetts community. Please share with us your novel ideas, useful resources, upcoming events, research updates and inspiring stories. If you know of anyone who is interested in joining the network or if you prefer not to be part of the network, please let us know. You may reach us by phone at 508-856-MIND (6463) or by e-mail at mind@umassmed.edu.

Food4Thought with Genesis Club

By: Taylor Latter & Haley Wynn

Nutrition is vital to overall health and wellbeing, which impacts mental health. In efforts to increase mental well-being by promoting healthy eating habits, UMass MIND has partnered with Genesis Club of Worcester to begin the Food4Thought program. Genesis Club is a work-focused community in Worcester, MA where members work side by side with staff to run the organization at every level. Genesis Club provides its members access to meaningful employment, safe housing, education, and healthy lifestyles in a work-based community. This work based approach offers a community of hope and dignity where mental health recovery is possible!



The goal of Food4Thought is to help Genesis club members navigate the world of nutrition and find ways to make shopping, preparing, and eating healthier food choices work for the individual.

This program provides educational skills to promote healthy eating. For example, members are taught about portion size, caloric goals, how to read food labels, and how to make nutritional food cost-effective. Members can also explore alternative diets such as vegetarian or vegan options!

In addition to the educational aspect of this program, members attend hands-on cooking lessons from home! During this portion of the program, members learn how to use their own kitchen and cooking supplies, and learn techniques to enhance their experience of cooking. We hope to continue to assist with the promotion of healthy eating habits for mental well-being!

Check out our 2 part video series below featuring feedback from previous participants!

The Screening and Treatment of Early Psychosis Clinic

By: Haley Wynn

Schizophrenia and other psychotic disorders are life-long illnesses. In partnership with UMass MIND, Community Healthlink's Screening and Treatment of Early Psychosis (STEP) Clinic is a resource for the Worcester Community to provide patients and families with education, support, and clinical care during the critical early stages of psychotic disorders.

The STEP Clinic eligibility is as follows; the individual is suspected of having primary psychotic diagnosis, and they are 18-40 years old. Additionally, it has been less than 3 years since their 1st full episode, the episode is not substance induced or the result of a mood disorder, and no developmental disability (i.e. autism) is present.

The specialized staff at the STEP Clinic provide the following services:

1. Comprehensive evaluation for each patient and family
2. Psychopharmacology
3. Psychotherapy
4. Family therapy and education
5. Physical health and wellness monitoring
6. Substance abuse screening and treatment

If you believe a loved one would benefit from the STEP Clinic please reach out to UMass MIND at 508-856-MIND (6463) or by e-mail at mind@umassmed.edu.

Ongoing Studies- Actively recruiting!

Study #1: Substance Use Study

The purpose of this study is to see whether Brexpiprazole, a recently FDA approved antipsychotic medication for schizophrenia treatment, may help reduce substance abuse in individuals with schizophrenia or schizoaffective disorder. Docket #H-00014611

Study #2: Expressive Arts Therapy

The purpose of this study is to see whether participating in drama therapy can help reduce symptoms of Serious Mental Illness. This consists of meeting in a group setting facilitated by Drama Therapists and constructing a play to promote recovery that will be performed publicly. The current cohort is in conjunction with Genesis Club of Worcester. Docket # H-00016707

If you are interested or would like more information about any of our studies, please call 508-856-MIND(6463) or email MIND@umassmed.edu.

We're Hiring!

UMass MIND Research Program is looking for a Clinical Research Coordinator I. Responsibilities of this position include independently performing delegated tasks and procedures involving human subject research, coordination of regulatory activities, collection and management of data for research protocols related to treatment, ancillary services, and prevention practices.

Apply here! <https://www.ummsjobs.com/job/7371/>

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