



## Chair's Corner

### Looking Back Looking Forward

By Sheldon Benjamin, MD

Interim Chair, Department of Psychiatry

Directory of Neuropsychiatry

Professor of Psychiatry and Neurology

2019 is behind us. The advent of a new year is a time for looking back. Radio stations will have counted down the top 100 songs of 2019. News organizations will have published collections of the most memorable events of 2019. The advent of the new year is also a time of anticipation. What changes will take place in 2020 in our immediate environment, in our country, in the world? It's a familiar ritual. The word January derives from the Roman god, Janus, the god of beginnings and endings who is depicted as having two faces—one looking backward and one looking forward. With the new year rapidly approaching, I've been looking back at the changes, growth and evolution of our department this past year, and anticipating the many exciting changes to come. So please indulge me as I look back at our progress and look forward to what's to come for UMass Psychiatry.



*Janus, the Roman god of beginnings and endings.*

## LOOKING BACK

When I woke up the morning after becoming interim chair, I looked forward with great apprehension to the many tasks and seemingly insurmountable obstacles that lay before us. I was incredibly fortunate to have a crack leadership team willing to roll up their sleeves, brainstorm, and put our plans into action. We were faced with the downsizing of some clinical programs, the decommissioning of one of our research buildings, the move of a major research center, our decision to take on the management of the DMH Southeast Area hospitals and mental health centers paired with budget issues in our existing contracts, the retirement of some of our most senior faculty, leadership changes in several areas, and multiple faculty and staff vacancies. The leadership group held a retreat on May 30, 2018 and began a three-month process of establishing our goals, strategy and highest priority tasks for the coming years. The list was long. There were twenty-five high priority issues brought forward. Among these we

selected five as the highest priorities for the coming year. I am pleased to report that we have made tremendous progress on all five. Here they are:

### **1) Faculty Recruitment**

**The Problem:** The marketplace for faculty recruitment has become extremely competitive. A number of factors are driving this: the rise of for-profit mental health care with resultant salary inflation; expansion of regional mental health services in excess of supply of graduating providers; an aging workforce; constraints on mental health budgets; the expansion of medical schools nationwide increasing competition for faculty; the evolution of work priorities in the newly graduating workforce; and many other factors. We had numerous openings on our faculty and we suffered from having a more or less ad hoc approach to recruitment.

**The Plan:** We broke down barriers between our clinical and school recruitment processes and formed a unified recruitment committee under the leadership of Marie Hobart, MD, Vice Chair for Public Sector Psychiatry. Ably assisted by our senior academic administrator, Carol DeCoursey; administrative support staffers, Mariah Ackert and Geoffrey Bottone; and group practice recruiter Jennifer Saintelus, the committee began meeting regularly to address the problem. Department vice chairs, Alan Brown, MD; Patrick Smallwood, MD; Tony Rothschild, MD; and Yael Dvir, MD made it a priority to participate, exchange ideas, create unified ads, standardize the interview process, and continually update one another.

**The Outcome:** It worked! We began to fill our vacancies with excellent new faculty members and, in the process, built a sense of unity of mission between our clinical and school departmental administrations.

### **2) Compensation & Retention**

**The Problem:** Let's face it. Our resources are not unlimited. We live in times of tight budgets and embarrassing expenditures on mental health compared to other fields of medicine. Occasionally, faculty or staff would tell us about what appeared to be more remunerative positions elsewhere.

**The Plan:** Revise the faculty compensation plan with a goal of more transparency and an ability to reflect educational effort as well as clinical and research productivity.

**The Outcome:** The plan was revised to accomplish these goals. New educational incentives were put in place. A uniform method of determining protected time for research was created.

### **3) Telepsychiatry**

**The Problem:** Although we had implemented telepsychiatry on a limited basis for addiction and emergency evaluations, we had not yet begun to use it to increase behavioral health services to a broader population or to make our specialty services

more broadly available. We were also missing an opportunity to contract to provide these services more widely.

**The Plan:** The new outpatient clinic at 100 Century Drive was equipped for telemedicine consultation in each of the 38 examination rooms. Dr. Alan Brown pulled a committee together to begin to look at the provision of telemedicine services. With the opening of the new OPD, Dr. Patrick Smallwood kept the wheels turning and made the necessary contacts. Recently we named a Director of Telepsychiatry, Dr. Caridad Ponce, to accelerate progress. She has begun working with the clinical system's Division of Virtual Medicine to enable our OPD providers to begin doing telepsychiatry consultation.

**The Outcome:** Through the new telepsychiatry initiative, we hope to increase our impact on the Central Massachusetts community and increase the availability of specialty consultation.

#### **4) Neuromodulation**

**The Problem:** Our ECT service had to be downsized several years ago due to the failure of third-party payors to cover the cost of providing the service at University Campus. In addition, we were not able to offer transcranial magnetic stimulation (TMS) treatment for refractory mood disorders, although the treatment had been available in other centers for several years. We had no biological research to speak of in neuromodulation, which was becoming an increasingly important component of mood disorder treatment.

**The Plan:** Recruit a director of neuromodulation. Create a TMS treatment center. Find an off-site venue for outpatient electroconvulsive therapy (ECT) and increase our ECT treatment capacity. Begin research and education programs in neuromodulation.

**The Outcome:** We were fortunate to recruit Khurshid, MD from the University of Florida as our inaugural Director of the newly established Center for Neuromodulation. Space was remodeled at our Westborough location (in the Community Neuroscience Services building) and the first TMS machine came online in June. Two additional machines are being added this month to allow us to increase the number of patients who will benefit from this treatment. The ECT service at University Campus was reorganized. We are currently working with the clinical system to identify a new venue for outpatient ECT treatment. Meanwhile, we inaugurated a new neuromodulation rotation for all PGY-2 psychiatry residents and the first two research projects are now in the early stages of development.

#### **5) Academic Environment**

**The Problem:** One thing that distinguishes a job in an academic department from a job anywhere else is the feeling of academicity. If one were to compare a job in the private sector with one in an academic department on salary alone no one would work in a

department. Steps were needed to increase the feeling of belonging to an academic department.

The Plan: Begin having regular meetings specifically for faculty. Start meetings with a “science moment” describing a particular research project in the department. Under the leadership of Vice Chair for Academic Affairs, Mary Ahn, MD, the Career Development and Research Office worked with the leadership group to survey the entire faculty about a number of issues related to faculty engagement. Create a standard way to provide the time needed for junior faculty to conduct pilot research projects and thus facilitate their application for K awards. Commit to sending women faculty to the AAMC’s early and mid-career leadership development seminars. Seek funding for internal pilot grant awards. Encourage senior faculty attendance at the weekly grand rounds lectures. Involve more faculty in resident training via the weekly case conferences and biological psychiatry seminars.

The Outcome: The new faculty meetings have been well attended and have started with a science moment. The faculty survey revealed that our mission to the people of the Commonwealth and our dedication to education are what attracted many of us to the department. A number of steps were taken to improve the ability for junior faculty to build academic careers. The Vice Chair for Research, Tony Rothschild, MD, will review requests from junior faculty for protected research time and make recommendations to the chair. A 3-person committee will oversee the progress of any junior faculty granted research time and advise them as to steps they might take. Sources of startup funds are being sought. Two faculty completed the Office of Faculty Affairs’ Junior Faculty Development Program and two additional faculty were accepted for the current year. Department members have been strongly encouraged NOT to schedule any competing meetings during departmental grand rounds. The training directors now work with the resident seminar coordinators to identify faculty who might not have previously presented but may well be appropriate to present at resident seminars.

## **The Year in Review**

2019 opened with most of our 7<sup>th</sup> floor clinicians and staff having to move to temporary quarters on the second floor. With the creation of the Center for Neuromodulation outpatients were able to receive TMS treatment at UMass for the first time. Our new 38-office outpatient clinic opened on Century Drive in the same building as the new Hospital for Behavioral Medicine. The MCPAP program moved into the CANDO clinic offices on the seventh floor providing economy of scale and better integration. A MCPAP bridging clinic was also opened within the CANDO clinic. Under Dr. Alan Brown’s leadership we were able to obtain funding to create additional access to medication assisted treatment through the emergency room for opiate addiction. Dr. Karla Rodriguez has partnered with colleagues in emergency medicine to offer tele-evaluations for substance use disorders as well. The MCPAP for Moms program, founded by Nancy Byatt, DO with Tiffany Moore-Simas, MD of OB-Gyn, has rapidly grown, spawning Lifeline 4 Moms to help establish the training needed for other states to copy the

MCPAP for Moms program. The MISSION model treatment program, headed by Dr. Smelson, has continued to expand nationally. iSPARC received a major funding grant from the DMH in late 2018 and has had some national funding successes since then. Our telemental health initiative got off the ground this past year and will hopefully continue to grow in 2020.

We were fortunate to have recruited a large number of clinical and administrative staff in 2019. Please see the end of this article for their names.

## **LOOKING FORWARD**

There is much to look forward to next year. Of course, the major event we anticipate in 2020 will be the hiring of a permanent department chair. The search committee process is on schedule. We eagerly await moving from temporary quarters back to our newly remodeled 7<sup>th</sup> floor headquarters sometime in the spring. In the spring we also plan to announce the new location of our outpatient ECT service completing the Center for Neuromodulation. Our telepsychiatry services will expand in the coming year. And we anticipate adding faculty to our outpatient mental health programs.

This year we decided not to have a department holiday party as we've done in recent years. Instead we are planning a department-wide party later this month, the likes of which our department has never seen. I hope you will join us from 4-6 PM on Wednesday January 15<sup>th</sup> in the Faculty Conference Room for **THE PSYCHIATRY WINTER GAMES!** Click [HERE](#) to see the video invitation.

And, above all, I look forward to continuing to work together with all of you to treat, teach about, and conduct research into the problems of the Commonwealth's mentally ill population.

Thank you all for continuing to allow me the privilege of leading the department and thank you for all of the work you do every day.

I hope you had a happy holiday season and I wish you a successful 2020.

Shel

And now, meet the new employed staff who joined us in 2019 (with many thanks to our long list of contingent workers as well):

## Psychiatrists

| Last Name:  | First Name:    | Degree:                | Job Title  | Primary Affiliation:                     |
|-------------|----------------|------------------------|--|--|
| Vidal       | M. Andrea      | MD, CPE                | Staff Psychiatrist   | Worcester Recovery Center & Hospital     |
| Srivastava  | Smita          | MD                     | Child Psychiatrist (MCPAP)   | UMass Memorial Medical Group - UMMMC     |
| Jalnapurkar | Isha           | MD                     | Child Psychiatrist   | Community HealthLink, Inc./CANDO/Shriver |
| Thompson    | Amber          | MD                     | Staff Psychiatrist   | Worcester Recovery Center & Hospital     |
| Ornstein    | Miriam         | MD                     | Area Child & Adolescent Psychiatry Director                                      | Department of Mental Health (DMH)        |
| Larrow      | Brian          | DO                     | Psychiatrist   | VAMC Springfield Outpatient Clinic       |
| Bokor       | Gyula          | MD                     | Staff Psychiatrist   | Taunton State Hospital                   |
| Khurshid    | Khurshid Ahmad | MD, FAASM, FAPA, FAASM | Director, Center for Neuromodulation   | UMass Memorial Medical Center            |
| Stern       | Robin          | MD                     | Associate Medical Director; C/L and EMHS with specialty in women's mental health | UMass Memorial Medical Center            |
| Schibuk     | Larry          | MD, FRCP(C)            | Medical Director   | Marlborough Hospital                     |
| Springer    | Susan          | MD                     | Staff Psychiatrist   | Corrigan Mental Health Center            |

## Psychologists

| Last Name:     | First Name: | Degree: | Job Title                               | Primary Affiliation:                               |
|----------------|-------------|---------|---|--|
| Clark          | Erika       | PhD     | Neuropsychologist                       | UMass Memorial Outpatient Psychiatry               |
| Kim            | Sohye       | PhD     | Psychologist                            | E.K. Shriver Center                                |
| Miller         | Mary Kate   | PsyD    | Psychologist                            | UMass Memorial Medical Center                      |
| Braga          | Lucia       | PhD     | President & CEO                         | SARAH Network of Rehabilitation Hospitals (Brazil) |
| Humphreys      | Clare       | PhD     | Neuropsychologist                       | UMass Memorial Outpatient Psychiatry               |
| Lopez          | Stella      | PsyD    | Psychologist                            | UMass Memorial Medical Center                      |
| Tangney (Lenz) | Erin        | PhD     | Psychologist                            | UMass Memorial Medical Group                       |
| Audet Khanna   | Danielle    | PsyD    | Director, Psychologist, Court Clinician | Boston Juvenile Court Clinic                       |
| Lee            | Jeanna      | PhD     | Primary Care Psychologist               | Hahnemann Family Health Center                     |

| Last Name:   | First Name: | Degree:  | Job Title             | Primary Affiliation:  |
|--------------|-------------|----------|-----------------------|---|
| Fusaro-Davis | Marie       | PhD      | Psychologist          | 8 East, UMass Memorial Medical Center                       |
| Gaba         | Ayorkor     | PsyD     | Psychologist          | Veterans Administration                                     |
| Oropeza-Diaz | Yashira     | PsyD     | Psychologist          | Student Counseling Service<br>UMass Memorial Medical Center |
| Austin       | Elizabeth   | PhD      | Psychologist          | UMass Memorial Outpatient Psychiatry                        |
| Rynczak      | Danielle    | JD, PsyD | Forensic Psychologist | UMass Medical School  |

### Other Allied Professionals-School

|                             |                                  |  |
|-----------------------------|----------------------------------|--|
| Addo, Ruby Korang           | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Adu-Boahen, Franklin        | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Allen, Tyler Brandon        | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Beckham, Erin Elizabeth     | Clinical Research Assistant      | Medical School Building                              |
| Bereket, Zion               | Clerk, Data Entry                | Biotech One  |
| Bruzios, Kathryn Elizabeth  | Coordinator, Clinical Research I | Medical School Building                              |
| Cali, Ryan Joseph           | Research Coordinator I           | Medical School Building                              |
| Callini, Mackenzie          | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Chiang, Mathew Lin          | Clinical Research Assistant      | Biotech One  |
| Chiarelli, Lindsey Ann      | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Craffey, John William       | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Curtis, Christina Elizabeth | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Daou, Jim                   | Specialist, Education            | Adolescent Unit-Worcester Recovery Center & Hospital |
| Donovan, Leslie Grace       | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Esson Baidoo, Priscilla A   | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |
| Garbitt, Renee M            | Clinical Nurse Specialist        | Corrigan Mental Health Ctr                           |
| Goggins, Liam Michael       | Counselor, Mental Health I       | Adolescent Unit-Worcester Recovery Center & Hospital |

|                                   |                             |  |
|-----------------------------------|-----------------------------|--|
| Gonzalez Martinez, Juan Sebastian | Clerk, Data Entry li        | Biotech One  |
| Grossman, Benjamin Thomas         | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Hansen, Rachann Bertha            | Dental Assistant            | Worcester Recovery Center & Hospital                 |
| Haryanto, Joseph Anthony          | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Jost, Tina Franziska              | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Kaufman, Steven Ira               | Clerk, Data Entry I         | Maple House  |
| Kibe, Marygoretti W               | Supervisor, Nurse           | Adolescent Unit-Worcester Recovery Center & Hospital |
| Kopp, Kimberly L                  | Supervisor, Nurse           | Adolescent Unit-Worcester Recovery Center & Hospital |
| Lane, Ian Anthony                 | Research Coordinator I      | Chang Building                                       |
| LaPenta, Danielle Nicole          | Clinical Research Assistant | Medical School Building                              |
| Laurent, Maugline                 | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Lipper,Hannah Sean                | Research Coordinator li     | Biotech One  |
| Lucas,Latasha                     | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Mansolillo,Marissa                | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Mensah,Stefania Rina Opuni        | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Mensah-Frimpong, Daniel           | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Michaud, Samantha Rose            | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Nelson, Aisha Addie               | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Nicolellis, Deborah Lyn           | Training Director           | Maple House  |
| Olatunji, Yusuf Olawale           | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Posada Rodriguez, Camilo          | Clinical Research Assistant | Biotech One  |
| Proctor, Janasia A.               | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Ramos, Jean Carlos                | Counselor, Mental Health I  | Adolescent Unit-Worcester Recovery Center & Hospital |
| Rao, Morgan Lori                  | Research Coordinator I      | Maple House  |



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|-------------------------------|----------------------------|--|
| Robillard, Leslie Ann         | Counselor, Mental Health I | Adolescent Unit-Worcester Recovery Center & Hospital |
| Rodriguez, Camila             | Counselor, Mental Health I | Adolescent Unit-Worcester Recovery Center & Hospital |
| Roy, Kristen M                | Research Project Director  | Maple House  |
| Schultz, Jeanne M             | LPN III                    | Adolescent Unit-Worcester Recovery Center & Hospital |
| Schultz, Jeanne M             | LPN III                    | Adolescent Unit-Worcester Recovery Center & Hospital |
| Springer, Susan Londergan     | Staff Psychiatrist         | Corrigan Mental Health Ctr                           |
| Thompson, Marissa Elizabeth   | Counselor, Mental Health I | Adolescent Unit-Worcester Recovery Center & Hospital |
| Torres Gutierrez, Isaac David | Counselor, Mental Health I | Adolescent Unit-Worcester Recovery Center & Hospital |
| Vigeant, Cynthia Leigh        | Counselor, Mental Health I | Medical School Building                              |
| Wnuk, Jean Ann                | Social Media Specialist    | Maple House  |
| Yeboah, Michael               | Counselor, Mental Health I | Medical School Building                              |
| Zayas, Julio                  | Counselor, Mental Health I | Adolescent Unit-Worcester Recovery Center & Hospital |

#### Other Allied Professionals – Clinical

| Name                  | CC Description             | Title                          |
|-----------------------|----------------------------|--------------------------------|
| ANNAN,GRETTE          | EMERGENCY MENTAL HEALTH    | MENTAL HEALTH ASSOCIATE        |
| BERRY,BENA            | EMERGENCY MENTAL HEALTH    | CRISIS INTERVENTION SPECIALIST |
| CHASE,PAMELA          | EMERGENCY MENTAL HEALTH    | CRISIS INTERVENTION SPECIALIST |
| DA SILVA,JASMINE C    | EMERGENCY MENTAL HEALTH    | REGISTERED NURSE, HOSPITAL N/U |
| DANQUAH,FELECIA L     | EMERGENCY MENTAL HEALTH    | MENTAL HEALTH ASSOCIATE        |
| DOCURRAL,ANNA S       | EMERGENCY MENTAL HEALTH    | CRISIS INTERVENTION SPECIALIST |
| FERNANDEZ,DELIO R     | EMERGENCY MENTAL HEALTH    | MENTAL HEALTH ASSOCIATE        |
| GAGNE,SARAH I         | EMERGENCY MENTAL HEALTH    | CRISIS INTERVENTION SPECIALIST |
| GYAMERA,PRISCILLA     | EMERGENCY MENTAL HEALTH    | REGISTERED NURSE, HOSPITAL N/U |
| HARTMAN-SHEEHAN, LYNN | TARA VISTA                 | APRN                           |
| MIKKELSEN, KRISTIN    | PSYCHIATRY OPD             | CLINICAL NURSE SPECIALIST      |
| NICHOLS, AMY L        | HPC ADDICTIONS GRANT       | RECOVERY COACH, SR             |
| PANGBORN, CHRISTOPHER | EMERGENCY MENTAL HEALTH    | REGISTERED NURSE, HOSPITAL     |
| RITACCO, ALESSIA      | HPC ADDICTIONS GRANT       | NURSE PRACTITIONER             |
| TORH, CLEMENT         | EMERGENCY MENTAL HEALTH    | MENTAL HEALTH ASSOCIATE        |
| TVELIA JR, BRIAN M    | CONSULT LIAISON ADDICTIONS | RECOVERY COACH                 |
| UNDERWOOD, BRENDA     | PSYCHIATRY OPD             | COORD, AMBULATORY CARE, PSYCH  |

|                      |                         |                                |
|----------------------|-------------------------|--------------------------------|
| AUDETTE, ALICIA A    | EMERGENCY MENTAL HEALTH | REGISTERED NURSE, HOSPITAL N/U |
| BURZYK, JENNIFER L   | TARA VISTA              | APRN                           |
| OSEI ASIBEY, ABIGAIL | EMERGENCY MENTAL HEALTH | MENTAL HEALTH ASSOCIATE        |
| VEGA, ANA M          | PSYCHIATRY OPD          | COORD, AMBULATORY CARE, PSYCH  |

## **Trainees**

### *Psychology Interns:*

Ma, Yizhou  
Metia, Jasmit  
Mosich, Michelle

### *Neuropsychology Postdocs:*

Klinoff, Vera  
Naylon, Kara

### *Forensic Psychology Postdocs:*

Bernhard, Paula  
Low, Elizabeth  
Sharf, Allyson

### *Psychiatry Interns:*

Feriante, Joshua, DO  
Kovic, Yumi MD  
Kriegel, Joshua MD  
Lichtenberg, Alexander, MD (*Neuropsychiatry*)  
Nguyen, Howard, DO  
Sorrentino, Erica, DO, MA  
Wechsler, Bennett, MD

### *Psychiatry PGY-4:*

Moorjani, Prerna, DO

### *Child & Adolescent Psychiatry Fellows:*

Cui, Jingjing MD  
Whitworth, Colin DO  
Wilds, Caitlin MD

### *Addiction Psychiatry Fellow:*

Henson, Mohamed MD

### *Forensic Psychiatry Fellow:*

Hu, Wei MD

*Fellow in the Neuropsychiatry of Adult Developmental Disabilities:*  
Isha Jalnapurkar, MD

**Administrative & Finance Staff**

Tallman, Derrick (Sr. Academic Administrator)  
Curtis, Harry (Medical School Finance)  
Davis, Geraldine (Child Psychiatry)  
DeSantis, Carla (iSPARC)  
McNamara, Kathleen (Student Counseling)  
Moeckel, David J (iSPARC Finance)  
Shenoy, Vidya (iSPARC)  
Simmons, Andrea (Brockton)  
Souza, Fiorella (CANDO)