



MHBM INSIDER

FALL 2007
Premiere Issue

Boston University, School of Medicine
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Getting Started

By the Student Committee

We are pleased to bring you the first issue of the *MHBM Insider*. This exciting project was initiated at the request of students, faculty, and alumni as a way of staying connected with everyone involved in the program. Our hope is that you will take advantage of this newsletter to inform our MHBM community of the notable things you are involved with in your personal and professional life. The *MHBM Insider* premiere issue is filled with personal accomplishments and professional successes that will make you all proud of being part of this great community.

Special thanks to everyone who submitted their stories - your contributions have made the launch of our newsletter a tremendous success. We would also like to thank Dr. Berger-Greenstein and Bernice Mark for all their hard work in helping us with this project.

We look forward to bringing you our next issue Spring 2008!

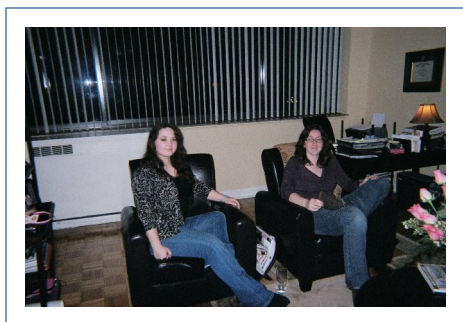
Director's Chair

By Dr. Stephen Brady

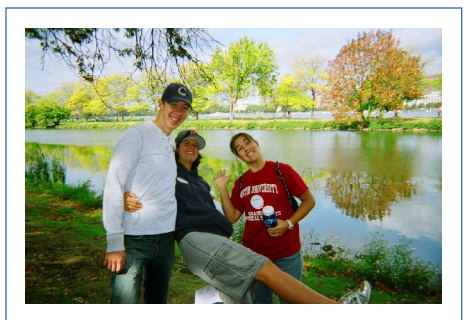
I want to thank each and every graduate student associated with the Mental Health and Behavioral Medicine Program for making the start of the new academic year a success! We are very pleased with the warmth and enthusiasm of our 1st year class. I am also particularly thankful for the 2nd year students taking the initiative to start this newsletter and for their commitment to the program as evidenced by mentoring, brown bag lunches and other peer initiated activities. The graduate school experience is profoundly impacted by the commitment, initiative and enthusiasm of its students. I am blessed to have maintained a number of close relationships with people I met in graduate school and hope you are so lucky.

Director's Chair from page 1

Regarding news about the Mental Health and Behavioral Medicine Program there is a great deal to report. In no particular order I mention a few things.....



Taking it easy



Walking for Alzheimer's and making a difference

- Clery's seemed to be great success! Thanks to everyone who attended! Particular thanks to Dr. Levy-Bell and Bernice Mark for organizing the affair.
- Dr. Perna and his spouse Courtney became a father a few weeks ago to baby Mia and Dr. Z had a birthday!
- We welcome faculty a few new teaching this semester! Greetings to Drs. Gleason, Malamud and Tal.
- The MHBM program has 41 enrolled students this Fall. We also anticipate 2-3 additional students might join us in January and anticipate enrolling 52-53 students next year.
- Our 1st Open House for prospective students was held on Friday, October 19th. The next will be held on November 16th.
- Faculty have been busy attending graduate fairs in Pennsylvania, New York, Boston, Michigan, Illinois, Texas, California, Florida, New Hampshire, New Jersey, Georgia and Washington this month. A few of our former students have also assisted these efforts. Many thanks to graduate Tyler Burns (2005) who represented us at USF, UC-Berkeley and San Francisco State.
- We continue to post and advertise jobs on our website www.bumc.bu.edu/mhbm
- A number of MHBM students are participating in research with MHBM faculty including Dr. B-G and my HIV Prevention Study.
- Many 2nd year students are busy applying to Ph.D., NP and other graduate programs for fall 08. The requests for references are piling up!
- All of our recent graduates who are eligible to sit for the LMHC licensing exam have passed it with relative ease.
- Dr. Levy-Bell has started her clinical express wagon with incoming students.....who will go where, when and how next semester
- We continue to welcome Medical Science, Genetic Counseling, School of Education and School of Social Work students and others in select classes. We think this creates a

Director's Chair from page 1

more dynamic learning environment.

- Mid-terms are upon us....and our core faculty (Brady, Berger-Greenstein, Levy-Bell, Perna and Zaichkowsky will soon be providing feedback to everyone....

Stay well.....

Dr. Brady

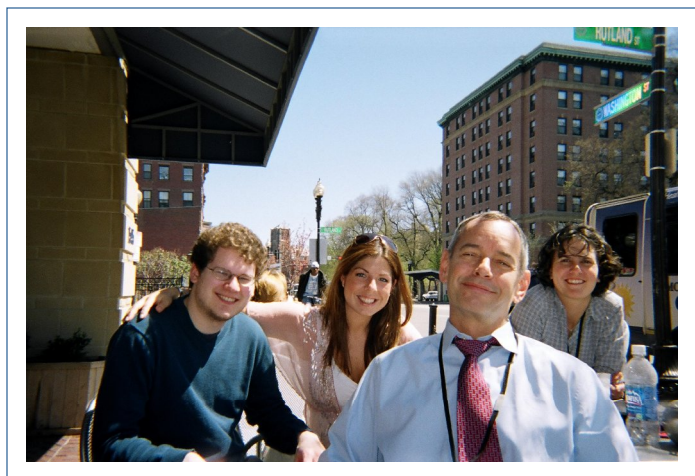
FACULTY ANNOUNCEMENTS



Dear Students and Alumni,

One of the biggest initiatives I have taken on for this year is overseeing our recruitment efforts for the class of 2011. This year we have taken the Mental Health and Behavioral Medicine Program national. Over the course of the fall semester we will be attending graduate fairs from across the country including New York, California, Chicago, Michigan, Florida, and Texas. Many of our recruitment efforts stemmed from all the wonderful places that you, our current students and alumni, have come from. So you have truly been our inspiration. In fact, for the first time we have invited current students and alumni to join us at graduate and professional school fairs to help represent our Program. You are all our pride and joy and who best to sing our praises than you. I would like to also personally thank all of the students who have contributed to our recruitment efforts. Each and every one of you help make our program the success that it is.

Dr. Levy-Bell



The Breakfast Club

Jori A. Berger-Greenstein, Ph.D.

Dear students and faculty,

As a new faculty in your program I would like to take advantage of this opportunity to introduce myself and to express my delight and joy in joining your program. My name is Ilana Tal and I am a clinical psychologist currently teaching the fall course titled "Cultural and Social Foundations in Psychology" for the second year students. During this semester, I am also co-teaching and supervising the second year "Theory and Technique of psychoanalytic psychotherapy" at the Center for Psychoanalytic Studies at MGH, department of Psychiatry, Harvard Medical School. The two topics of my teaching represent my areas of great interest as I would consider myself a relational psychologist, which I would define as a postmodern-analysis oriented theory that considers subjectivity, bias, and diversity in its clinical application. Teaching this course as part of your program, would hopefully enrich and inform both you my students, and myself.

Wishing us all a good semester,

Ilana Tal, Ph.D.

Research Projects: Dr. Brady and I are running an HIV prevention study targeting people with serious and persistent mental illness. We are into our second year of the project and have been running subjects since April. We are doing quite well and are hopeful that we will continue to obtain funding for future projects.

Job opportunities: In the event that we are funded for future projects we will be looking for full-time staff members in a variety of clinical and administrative roles.

Publications: Berger-Greenstein, J. A., Cuevas, C. A., Brady, S. M., Trezza, G. R., & Richardson, M. A. (in press). Major Depression in Patients with HIV/AIDS and Substance Abuse. AIDS Patient Care and STDs.

Personal News: We celebrated our daughter Macy's first birthday in June and are very much enjoying watching her learn to navigate the world. She's walking and saying her first words and is a very social child. She's the love of my life!

Message to alums: We hope this finds you doing well. We as a faculty are sincere in our requests to keep in touch with us and let us know about your lives and the work you're doing, whatever paths life has taken you.

End of 1st Year Dinner Party



Hello,

I am a Clinical Associate Professor at BU School of Social Work, where I teach Professional Ethics, direct the MSW/MPH program, and also the Professional Education Program (which provides CECs to mental health professionals). My role as it relates to the MHBM program has been a gratifying and fun part of my job for the past five years. We have established a way for MSW students to benefit from some of the great training you all get, and it's known as the Certificate Program in Clinical Social Work and Behavioral Medicine. That program was the result of work done by me and Steve Brady several years ago to build cross-campus relationships, and it's been a great success with over 12 graduates now. You may even know some of the MSW students and I actually hope that your newsletter could feature something on this program in order to promote integration and connection between all of you! As part my directing this program, I have also taught courses for the MHBM program, including Professional Ethics and Social and Cultural Foundations, both courses I love to teach. I have found it very enriching to teach mental health counseling students, who, in my opinion are bright, interested and very hard working! This past year, when I took over as Director of Professional Education Programs at BUSSW, I had to cut back in my teaching, so I'm not doing either of these courses this year but I hope to do so again very soon.

I also really enjoyed watching the core faculty--Drs Perna, Brady, Berger-Greenstein, Levy-Bell, Zaichowsky and O'Hern build this program up from scratch. It's been inspiring to see how they've taken a great vision and turned it into a working program that is growing and getting better every year. In terms of what I do and what I am up to: I have three major focal areas at the moment, in addition to planning all the professional education programming for the spring/summer series, I just received another 90K from the State of Massachusetts to develop Suicide Prevention and Intervention Education at BUSSW. We will be doing training with students, faculty and alumni, as well as basic research. It's very exciting and it builds upon a needs assessment I did here last winter, documenting a lack of focus on suicide school and profession wide, and the need to focus on this urgent public health problem.



Studying hard...



But still having fun!

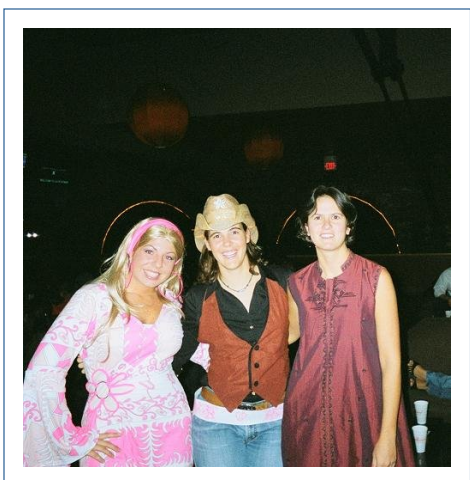


Bowling Party

In addition to suicide, I direct the MSW/MPH program, which has 41 students in it this year. Public health social work is a central focus of my career and my other big area of research interest. I'm very interested in dual professionalism, and have a training grant to provide public health social work training to mental health professionals. I have a working group I established with four other public health social workers--The Group For Public Health Social Work Initiatives--and we do lots of research, presentation, writing and sponsored a major conference last year. GPSI is a great adventure, but an unpaid one. Much of my writing and investigation has looked at this issue, and I'll be happy to discuss with you more what this is all about. My third area centers on professional conduct, ethics and accountability. I sit on the licensing board for social work for the state of Massachusetts, and I know firsthand what kinds of ethical issues trip up good social workers. I also know how people can play loose and fast with their licenses and lose their careers as a result! But I've been inspired by my work on the board and it builds upon my twenty year interest in professional ethics. I continue to teach Professional Ethics to social workers and it will definitely be one of the areas I emphasize in our Professional Education Programs. I think learning how to think/reason/act ethically is a core professional skill that needs regular refreshing!

Anyway, I invite you to come talk, visit or call. Also check out our web site to learn more about PHSW:
www.bu.edu/ssw/mswmp

Betty J Ruth



Halloween Party 2007



Best Costume - "Britney Spears"

Todd Kates, Ph.D. is the Executive Director of United Cerebral Palsy of MetroBoston. He teaches Family Therapy in the program and also teaches at Northeastern University's Counseling Psychology Program. This year, Todd will be celebrating his 25th anniversary at UCP. Over the summer, Todd coordinated the Boston branch of Bridge of Hope, a summer hosting program that brings Russian orphans to the United States. The children are placed with families for five weeks. It is hoped that the placement will lead to a permanent adoption. This summer, 40 children summered in the US; all are currently being adopted by their host families.



THE MHBM STUDENT LINK

Jessica Yih
Medical Sciences, '08

"When I first started the dual masters program a year ago, I was excited to finally get some clinical training under my belt. With the MHBM program, I would be training at practicum and internship sites, and with the Medical Sciences program, I would have clinically correlated biological coursework. So far, what I have gained from both programs has far exceeded even my enthusiastically high expectation.

Both my practicum position at the BMC ER and my current internship at the VA in the Substance Abuse Department are well preparing me for my ultimate goal to become a medical doctor. The mental health training is helping me become more sensitive to issues that some doctors may overlook by having a purely medical and scientific perspective.

What I enjoy most about my mental health classes are the discussions; many of my classes involved learning through

participation in discussion, seeing different opinions and perspectives, and having new fresh ideas on problems from our peers. Similarly, in the medical science classes, I enjoyed learning through group discussion and studying with my classmates outside of class. The dual masters program has been a great educational experience!"

Tara Sousa
Genetics Counseling, '08

The Genetic Counseling Program at Boston University School of Medicine is currently in its third year of existence. We graduated our first class in the spring of 2008! This program provides a great balance of both medical genetics as well as psychosocial counseling educations. My interactions with the mental health department have enhanced my counseling skills and knowledge about human development. It has also been a wonderful experience to interact with the students in this program.

I will be graduating from the program in the spring, and I hope to pursue a career in cancer genetic counseling. The preventative

strategies, education of patients, opportunities for research, and psychosocial counseling are among the aspects of this career that draw me to this subspecialty of genetic counseling. My classmates have a wide range of interests including mitochondrial and metabolic genetics, prenatal genetic counseling, neurogenetics, as well as pediatric and general genetic counseling. For my thesis I will be assessing patient's viewpoints regarding preimplantation genetic diagnosis (PGD) or the screening for genetic disorders in embryos prior to implanting them into the womb. Some other thesis topics of my classmates include the creation of learning aids for patients with lysosomal storage disorders and mitochondrial disorders, the quality of life of patients with a rare genetic disorder called Costello Syndrome, and the results from surveying adult adoptees and adoptive parents about their interests in genetic counseling. The wide range of interests of my classmates certainly allows us to learn a great deal from one another.

The field of genetic counseling is evolving at a rapid and exciting pace. As more and more genetic disorders are discovered and we move into an age of molecular medicine, we expect that the need for genetic counselors will expand exponentially. One up-and-coming field is the genetics of psychiatric disorders. There is an ever growing need for genetic counselors to provide genetic counseling for individuals with mental illness. Moreover, due to the impact of positive and negative test results on an individual and a family we need to work closely with mental health professionals to provide a holistic approach in the care of our patients in all different realms of genetic counseling.

Thus far, it has been a pleasure to have the opportunity to work with faculty and students in the mental health program. I look forward to many more interactions with this department!

MHBM ALUMNI: WHERE ARE THEY NOW?

Amber Carnahan, '07

Hi everyone back in Boston!

I am living in Hoboken, NJ and I work for the Mental Health Association of Essex County as Case Manager III- MICA Specialist. I just moved into a 3 bedroom refurbished warehouse apartment! It's huge and beautiful! I hope to visit Boston as soon as possible.

Enjoy your last year in school. It was amazing and strangely, I would go back.

Erica Nicole Savino, '05

Erica is working as a Crisis Clinician for the BayCove Boston Emergency Services (BEST) Team after 18 months of researching the familial genetics of pediatric bipolar disorder under Dr. Janet Wozniak at MGH. Erica enjoyed her research endeavor and loves learning something new every day with BEST. She has had the pleasure of meeting and working with multiple MHBM practicum and internship students and hopes to meet more!

Heidi Zeigler, '07

I have recently had the opportunity to begin working as an Army contractor at Ft. Jackson, SC as a trainer for the Army Center for Enhanced Performance (ACEP). It is an exciting opportunity for me to be able to work with our armed forces educating and training them about the importance of mental preparation, goal setting, energy management, attention control, and visualization in order for them to achieve the objectives they or the Army has set for them. I consider my job to be a source of pride. It is an honor to work with such a special group of people.

Lani Gerrard, '07

Hi all. I am currently working in a private practice setting in Vermont and also work in the school system seeing children/families and doing weekly social skills groups for special education students which I really enjoy. I am working on expanding the groups to other schools. This fall I plan to start studying for the licensure exam. Has anyone taken it yet?

Over the summer me and my significant other drove to Newfoundland and did some exploring. What an incredible place. We also spent a couple of days at Lake Winnepesaukee.

I'm doing fine, the kids are in college, and I have more time to myself. Yeah! I look forward to hearing about what everyone is doing, and hope you all are well. Peace.

lanigerrard@aol.com

Tasha Davison Carney, '05

Hey guys!

I'd be happy to give you an update on my life after BU. I got married to my longtime boyfriend, Matt Carney in October of that same year. After our honeymoon, we jumped in a moving van and drove across the country to settle in Portland, Oregon. We absolutely love it here!

I am currently wearing two different hats in my professional life. I am working as a psychometrician at the Portland VA doing neuropsych testing for a research project that is studying the effectiveness of DBS treatment. I'm slowly working on becoming a Certified Specialist in Psychometry (CSP). I am also working as a behavioral therapist with autistic kids, applying ABA techniques. It can be quite challenging and keeps me on my toes!

We spend our free time exploring the Pacific Northwest. We love visitors, so if anyone is ever out this way we'd love to show them around.

Tanya Kuprianiak, '04

Personal Accomplishments:

- Ran the 10th Annual Rock N Roll Marathon in San Diego, CA on June 3, 2007 as a member of Team in Training and fundraised over \$3700.00 for the Leukemia & Lymphoma Society.
- Sky dived in September 2006 at the Napoleon Skydiving Center in Napoleon, Michigan.

- Started a bookclub in November 2006. The club continues to meet on a monthly basis to discuss the book. Currently, the club has 7 active members.
- Completed the American Heart Association for the BLS for Healthcare Providers (CPR & AED) Program.

Professional Accomplishments:

- Became a fully licensed master's level psychologist in the State of Michigan
- Promoted to Coordinator of Psychological Screening at the Rochester Center for Behavioral Medicine.

Jillian Anger, '07

After graduation, I began working for Y.O.U. Inc., at Cottage Hill Academy as a clinician. Cottage Hill Academy is a residential school for girls ages 12-18 in Baldwinville, MA. The girls come from a variety of backgrounds with trauma as their common theme. I have recently become the Assistant Program Director/Clinician in one of the three cottages.

The program has also given me the opportunity to become trained as an Adventure Based Learning facilitator. As a facilitator, I run groups utilizing our newly added high and low element ropes course. In the time left over, I am still teaching dance, and enjoying my new puppy Baxter. I think that about sums it up. I also wanted to let you guys know that if anyone is looking for experiences through Y.O.U., Inc., please give them my information. It is a great agency that provides 30 different programs to choose from.

I had a great training experience and thus was offered a job upon graduation. I highly recommend it, despite it being a commute to Worcester.

I miss everyone and the program so much! Good luck with your internships and classes.

Nadia Jackson, '05

Hey Everyone,

Well I got married in May of 2006 and we live in Norwood, MA. I'm working at Walden Behavioral Care on the Alcott Unit which is the inpatient Eating Disorder's unit. I am a clinical case manager who has specialties in Klinefelter's syndrome, adolescents, athletes and I do a lot of family work. I am almost licensed as the paperwork is in and I'm just waiting for the official document.

I am also working for a company, Comprehensive Psychiatric Resources, which is a private therapy and psychopharm company. I do a little bit of everything there and will be excited to take on a few patients once my licensure goes through. We use the Reference EEG to analyze people's medication sensitivities and also are very focused on nutritional supplementation. Attached is the article featuring Dr. Greenblatt whom I work with and Craig Sussman, FNP-C is also one of my supervisors.

I've begun running road races again and will do a 1/2 Marathon in Moab, Utah in October 2007. I'm still coaching soccer and playing on a woman's team!

Take care everyone!

John D. Kim, '04

After graduating from the program in 2004, I moved back to Los Angeles, CA and worked at a nonprofit outpatient clinic as a Hiring Manager, Therapist, and Case Manager providing case management and individual and group therapy for the homeless and LA County Jail population. It was a federally funded AB2034 Program, the goal being to keep clients out of jail and get them into low income Section 8 Housing for community integration. I began to question my own goals in life after helping my clients set goals in their treatment and hired a career coach to provide me with weekly consultations to take steps toward my next career.

After a year and half of working at Portals Mental Health Rehab, I made a career change and began my career in the banking industry to pursue my goals in real estate and became a Personal Banker for Bank of America and began courses for the CA Real Estate Broker's License. After spending some time as a banker, I wanted to focus on mortgage loans and learned the art of residential lending as a Mortgage Loan Officer at Bank of America and was recruited by multiple lenders before the internal move. I'll be taking my Real Estate Broker's License exam in the next few months and am in the process of pursuing the next phase in my real estate career in Commercial Property Management.

Wish me luck! :O)

Claire Robson, '07

Hello! Sorry I haven't been in touch, been a bit busy over on this side of the pond.

So, since I graduated in May I returned to England where I began the process of being accredited with the British Psychological Society. This is still ongoing after almost 3 months so hopefully it will be sorted soon!

I had a few interviews when I returned and was offered a job as a school counselor with elementary and high school students. However, this was only a part time role and I wanted something that was full time so I continued my search.

At the end of August I started work for Montgomery Leisure Services in Sheffield on a project called the Inclusive Fitness Initiative (www.inclusivefitness.org). I work as a project and partnership coordinator and this involves auditing fitness facilities to make them inclusive for disabled and non-disabled people. I get to travel throughout England as it is a national project which is really fun and the work is extremely varied.

My running is still going well and I have won the north east England 5km and 10km titles since I returned and I am about to start the cross country season. It is not the same as training and racing at BU as I only have one training partner!

I hope that all of the students are managing to fit in the internship and class requirements as well as plenty of 'self-care' exercises! Good luck to you all.

Pablo Noguera, '07

Dear BU Staff and students,

Since graduation I have made some very big strides in my life! I moved out to California and am now living in the Santa Monica area. And trust me, the drive out here was as grueling as it was spectacular. I even made a pitstop in Arizona to visit one of the alumni from the program—Heather Moody! If you are curious about my journey—you should check out facebook.com under groups—then type in “facebook diaries” to search—I am in the “roadtrip” episode.

So it has been 4 months since graduation and the beginning of a new stage of my life. Professionally speaking, I am now a registered Marriage and Family Therapist Intern (which just means post degree) with the Board of Behavioral Sciences out here in California. I am now working full time as a clinician/case manager at a practice in Culver City, CA called The Life Adjustment Team. I primarily see adults who are acutely to chronically mentally ill and we work on various aspects of their psychosocial rehabilitation related to the seven basic needs: variety, consistency, significance, connectedness, growth, contribution, and passion. If you want to learn more about what we do you should check out our website at www.lifeadjustmentteam.com

In addition, I have been in touch with several prominent sports psychologists in the southern California area, who have been supporting my motivation to work and grow. I also am in contact with a psychologist who runs the positive psychology center of California.

I am hoping we will be able to collaborate on these topics and hopefully create new dynamics to his practice.

Lastly, I am in the process of researching youth programs in the southern California area in order to present workshops on “sports parenting” and “family dynamics of youth sports.”

“There are those that look at things the way they are, and ask why? I dream of things that never were, and ask why not.”

Robert F. Kennedy

Good luck to you all!

Janel Tan, '07

I am currently working as a rehabilitation specialist for Vinfen, a private mental health organization dedicated to transforming the lives of individuals with severe mental illnesses such as schizophrenia, bipolar disorder, or major depressive disorder. My present job duties include consulting with staff members of residential programs on how to develop treatment plans for various clients; training staff members on how to engage and appropriately interact with various clients; and teaching new employees the basic fundamentals and philosophies of mental health. In the near future I will also be involved in creating, developing/designing, and implementing different group therapies for a new day program that Vinfen is about to launch.

STUDENT COMMITTEE 2007-2008



From left: Johnny Nguyen, Sarah Boster, Stephanie Alexis Taylor, Jen Yadon, Kathleen Reid, and Christy Karabetian (Missing: Roxy Moayer)

Want more news from the MHBM Program?

Wish you had submitted some news?

- or -

Thinking about your next contribution?

We're waiting to hear from you. Let us know what you're up to and watch for your article in our next issue coming Spring 2008!

Special thanks to everyone involved in making this possible.

Best wishes for a happy & peaceful Holiday season



Contact us: mhbmreps@bu.edu

