Sara Shields will be honored by the Worcester District Medical Society as the 2017 Community Clinician of the Year. She will receive the award at the district’s annual meeting on April 12 at the Beechwood Hotel in Worcester. The Community Clinician Award was created in 1998 by the Massachusetts Medical Society to recognize a physician from each of the Society’s 20 district medical societies who has made significant contributions to his or her patients and the community. Congratulations Sara!

Vice Chair Warren Ferguson delivered the keynote address at the March 15-17 Annual Academic & Health Policy Conference on Correctional Health in Atlanta. His presentation, *Mass Incarceration and Our Nation’s Health – Maximizing Our Impact*, reviewed the recent accomplishments of academic criminal justice health community, while reviewing the significant impact of mass incarceration on the health of communities and suggesting continuing collaboration among criminal justice, academic and community health organizations.

Following his keynote, conference leaders, including UMass Executive Vice Chancellor Joyce Murphy, announced the establishment of the Warren J. Ferguson Scholarship in Correctional Health, noting that Warren “has been the engine behind this opportunity for bringing together thought leaders and innovators in this field to share ideas and knowledge. His vision and passion led to the establishment of the Academic Consortium on Criminal Justice Health (ACCJH) – which aims to further advance the science and practice of health care for those within the criminal justice system.”

The scholarship will support the conference attendance of an up-and-coming student or junior investigator who is pursuing a career in criminal justice health.

In its tenth year, the conference is an international, interdisciplinary, peer-reviewed program that brings over 250 individuals together from academic institutions and from state and federal government, as well as law enforcement, and public health officials from several countries. It is hosted by the Academic Consortium on Criminal and Justice Health, which was established in 2012 under Warren’s leadership to serve as the academic home for those who work to advance the science and practice of health care for individuals and populations involved with the criminal justice system.
Grants

- Heather-Lyn Haley PhD has been awarded a one year consultancy with the City of Worcester to advance the mission and work of the Academic Health Collaborative of Worcester (AHC-W). As such, she will be working with the Worcester Division of Public Health and representatives from UMMS, UMMHC, Clark University and Worcester State University to bring the AHC-W to the next level of effectiveness and efficiency. The overall goals include improving the city’s ability to leverage the resources of our community’s academic institutions to understand and address Worcester’s most pressing health needs.

Presentations

- Tina Runyan, Amber Hewitt, Steve Martin, and Dan Mullin delivered a full day training in St Louis, MO entitled "Confronting the New Epidemic: Integrated Care Strategies for Patients with Opioid Use Disorder.” This conference was sponsored by the Collaborative Family Healthcare Association. More details are here: http://www.cfha.net/page/2017RegionalMeeting

- Heather-Lyn Haley presented an invited webinar on March 21 for the Association of Clinicians for the Underserved as part of the 2017 webinar series “Excellence in Team-Based Care For the Underserved”. Her one-hour talk, the second in a series of four, focused on the topic of “Addressing Race, Power and Privilege in Clinical Settings.” The webinar has been archived and is available for viewing at: https://www.youtube.com/watch?v=4nGYZ-R6y9k&feature=youtu.be

Publications


WELLNESS MOMENTS

Take 5 for Gratitude

Gratitude is the appreciation of what is valuable and meaningful to oneself; it is a general state of thankfulness and/or appreciation. The majority of empirical studies indicate that there is an association between gratitude and a sense of overall well-being with possible positive health benefits such as better sleep, improved attentiveness, greater energy levels, and sense of joy.

This week, consider a daily gratitude practice where each day you mindfully and actively think of five things you’re grateful for. Take the time to write them down and then take a moment to picture each one in your mind. Things such as the sun on your face, the sound of a robin this morning, the kindness of a stranger. As you snap that picture in your mind, ask yourself why it made you feel thankful—can you feel the experience of that gratitude in your body? Allow that somatic feeling of gratitude linger for a few more moments before moving onto the next one. This engages more areas of your brain and gives a power boost to the impact of a gratitude practice.