Monday Memo – April 17, 2017

Presentations

David Gilchrist was an invited speaker at the Mass Pain Initiative on April 5th for their semi-annual conference. He spoke on “Weaning Patients Off Opiates” and was part of a panel discussion at the end of the day on pain management strategies.

- Carole Upshur gave an invited guest lecture entitled “Two decades of work understanding and implementing primary and secondary prevention for early childhood behavioral problems and cognitive disability” on April 4 at the Lurie Institute for Disability Policy, Heller School for Social Policy and Management, Brandeis University.

- The Kidsteps team also presented last week (April 6 and 8) at the Biannual Meeting of the Society for Research in Child Development in Austin, TX:

- A paper was given by Yeonsoo Yoo, Carole Upshur, Melodie Wenz-Gross and Miriam Heyman titled: “Longitudinal Study of School Readiness through Promoting Executive Functioning and Social Emotional Skills in Preschool”

Miriam Heyman, Anthoula Poulakos, Carole Upshur and Melodie Wenz-Gross also presented a poster on “Discrepancies in parent and teacher ratings of low-income preschooler’s social skills”

- Steve Martin and Dan Mullin were co-presenters, with James Anderson and Joseph Sellers of the Bassett Healthcare Network, of “Using Project ECHO to Spread Office-Based MAT: Life-Saving System Transformation”, presented at the American Society of Addiction Medicine National Conference in New Orleans on Saturday, April 8. James was a graduate of our Primary Care Psychology fellowship several years ago.
Professional Development

- David Gilchrist completed his MBA from the UMass School of Business in December, 2016. He also completed his certified physician executive (CPE) course through the American Academy of Physician Leadership.

Professional Service

- Edward M. Kennedy Community Health Center’s Dr. Pablo Hernandez Itriago was recently selected to serve on MassHealth’s Delivery System Reform Implementation Advisory Council. The Council will play a key role during MassHealth’s five-year 1115 Demonstration period, providing advice and input in the implementation of MassHealth’s overall delivery system reform efforts

Publications

- Robert y Wellman is a co-author of: Sylvestre M-P, Wellman RJ, O’Loughlin EK, Dugas EN, O’Loughlin J., Gender differences in risk factors for cigarette smoking initiation in childhood. Addict Behav. Published online April 10, 2017. doi:10.1016/j.addbeh.2017.04.004

WELLNESS MOMENTS

Mindful Eating is not only the single best method to prevent (and treat) obesity … It’s a way to actually savor and enjoy food. Mindful eating is the intention to pay full attention to every bite of whatever you take in.
It is simple, but not always easy:

--Turn off the TV, phone/tablet/laptop

-- Put your fork/spoon down after each bite … better yet use chopsticks which might slow your pace or eat with your non-dominant hand

--Stop half way through your meal and ask “Am I still hungry?” If yes, keep eating. But if you are eating just because “it tastes good” or “I don’t want to waste it”, wrap it up for later

--Taste every flavor in your food; see if you can describe the sweet and salty aspects, is it spicy-hot, what is the aftertaste like, etc.

--Ask yourself the eye doctor question: “will eating this make me feel better or worse?”

Check out this reference for more: http://thecenterformindfuleating.org