

## Community Engagement

The UMass MIND Clinical and Research Program has developed the Community Intervention Program (CIP) with the mission of creating a more mindful Worcester by providing various supports and informational opportunities for those invested in the mental wellness of our communities. The CIP is specifically committed to addressing the needs of those affected by a severe mental illness, who particularly rely on community-based wellness resources. In addition to professional education and training, the CIP includes three public education and intervention modules:

**The Lifestyle as Medicine module** is for individuals to establish healthy lifestyle changes via recovery and support-based discussions and activities with a focus on making healthy food choices and increasing physical activity.

**The Arts and Music module** is for individuals to harness and express their creative abilities and talents while offering a platform for social interaction via art or music therapy groups, and Dual Diagnosis Theatre drama therapy.

**The Early Detection and Intervention module** presents an opportunity for young individuals exhibiting early signs of psychosis to collaborate with mental health care providers to improve access to treatment options.

**The Diversity, Equity, and Inclusion module** aims to address social determinants of health and promote health equity at the community level for individuals with serious mental illness.

**The Community Education and Support module** aims to promote mental health literacy and awareness and provide mental health support to our community members through “Celebrating a Beautiful Mind” public event series and other specific programs.

## Global Initiatives

China has at least 100 million people suffering from mental illness, according to the Chinese National Center for Mental Health. Mental illness has now overtaken heart disease and cancer as the biggest burden on the Chinese health system. Over the years, the UMass China Mental Health Program has established solid collaborations with several major mental health institutions in China. The components of the program include:

### **Bilateral exchange training program**

This is a model global mental health initiative linking UMass and China. The program targets trainees including medical students, graduate students, psychiatry residents, and junior faculty members from UMass and China.

### **China mental health leadership training program**

The program provides senior mental health leaders from China a wide range of clinical, research and public sector exposures both within and outside UMass.

### **Collaborative research program**

Mental health researchers from both UMass and China have expressed a strong desire for collaboration. The joint effort has led to more than 40 original publications.

### **The Global Mental Health Case Conference Series**

The goal is to provide a platform, joined by mental health professionals from both UMass and China, for real-time, interactive, and critical discussion surrounding a psychiatric case presentation. Examples of previous case discussion topics include the interplay of Chinese and American culture, stigma, religion, biopsychosocial case formulation, and integrative treatment approaches.

### **China Mental Health Program** UMass Psychiatry



## UMass MIND Clinical & Research Program

The UMass MIND Clinical & Research Program has four main components:

- ◆ Specialty Clinical Care
- ◆ Cutting Edge Research
- ◆ Community Engagement
- ◆ Global Initiatives



### **UMass MIND**

Clinical and Research Program

Beautiful Mind | Productive Life

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Find us at:

<https://www.umassmed.edu/umass-mind>

Instagram: [@umassmind](https://www.instagram.com/umassmind)

Facebook: <https://www.facebook.com/Umassmind>

## Clinical Services

The UMass MIND program addresses the needs of each individual patient by offering a range of clinical services.

### Outpatient Consultation Service

The UMass Psychotic Disorders Clinic provides outpatient consultation service for adult patients suffering from schizophrenia spectrum disorders. The consultation consists of a comprehensive psychiatric evaluation. Recommendations are thoroughly discussed with the patient, and a written report is provided to the referring care provider.

Due to the consultative nature of the service, all patients must have a prescriber who manages their psychotropic medications on a regular basis. However, follow-up consultation is provided by this clinic.

This consultative service is part of the UMass Department of Psychiatry Outpatient Services, which is located at *100 Century drive Worcester, MA 01606*.

### Screening and Early Treatment of Psychosis (STEP) Clinic

It has been well-established that intensive, integrated treatment early in the course of psychotic disorders leads to improved long-term outcomes. The purpose of STEP Clinic is to provide both patients and families with education, support, and the highest quality care during the crucial early phase of illness.

The service includes:

- Comprehensive evaluation
- Medication treatment
- Psychotherapy
- Family education and therapy
- Physical health & wellness monitoring
- Substance abuse screening & treatment
- Peer education and support

The STEP Clinic is located at *72 Jaques Ave, Worcester, MA 01603*.

### Psychotic Disorders Specialty Clinic

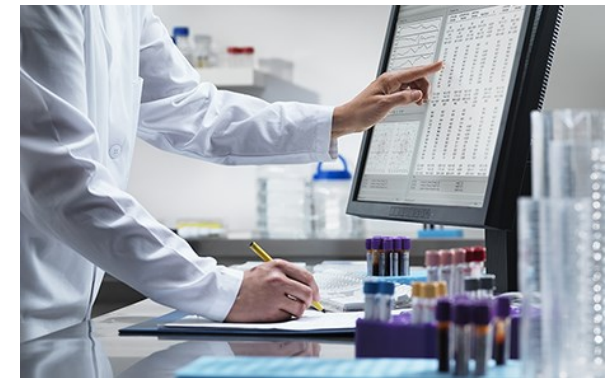
The Psychotic Disorders Specialty Clinic provides diagnostic assessment and ongoing treatment for patients suffering from schizophrenia or other psychotic disorders. The psychotic disorders specialty clinic is located at *72 Jaques Ave, Worcester, MA 01603*.



## Research

### Our Mission

The UMass MIND Research Program aims to elucidate the etiology of each facet of the triple jeopardy of psychosis: devastating mental illness, medical co-morbidity, and substance use. The goal of our research is to develop innovative intervention strategies combining pharmacological and psychosocial approaches to treat these conditions.



### Ongoing Studies

We have multiple ongoing research studies focusing on various aspects of schizophrenia. Our studies explore areas such as refractory schizophrenia symptoms, comorbid obesity and metabolic problems, as well as co-occurring use of substances.

For more information on our ongoing research studies, please visit our webpage:

<https://www.umassmed.edu/umass-mind/research-studies/current-research-studies/>

For more information, please contact us at:

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