



WELCOME BACK, COMMUNITY MEMBERS!

The theme of this issue is “Art, Music, Society and Psychosis.” In the media and in public opinion throughout the world, schizophrenia is currently one of the most stigmatized public health issues. The stereotypes, inaccurate perceptions, and negative associations have been proven to contribute to delayed help-seeking and increased duration of untreated psychosis which are known to correlate with severity of symptoms, lesser degree of recovery, greater likelihood of relapse, and worse overall outcomes. This newsletter hopes to illuminate some of the many community based initiatives within the Greater Worcester area who look beyond the diagnosis of schizophrenia and other severe mental illnesses to dismantle the stigma of mental illness and showcase that recovery is possible.

IN THE NEWS

Museum Exhibit Shows a New Face for Psychosis an interview with Lynda Cutrell, artist of “Many Faces of Our Mental Health”

The Boston Museum of Science collaborates with artist, Lynda Cutrell, to explore the nature of human knowledge and experience through the showcase of “Many Faces of Our Mental Health”. The multimedia series translates and reflects biological research, national data, and personal stories into visual art to challenge common misconceptions and elucidate the intricacy of mental health. To better conceptualize the project and exhibition, we went to the Museum of Science and interviewed the Boston-based



(From left to right): Maya, intern. Lynda, artist. Diana, director of outreach. Rachel, intern.

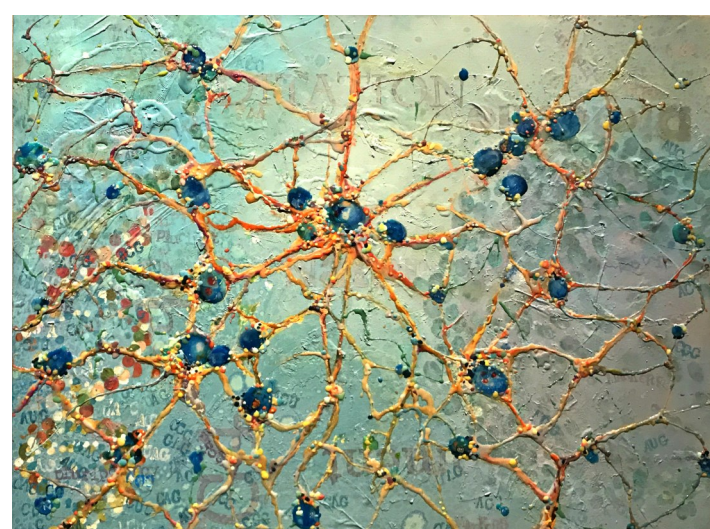
Lynda Cutrell is a long time mental health advocate, former president of National Alliance on Mental Illness (NAMI) Massachusetts, and post-baccalaureate graduate from the School of Museum of Fine Arts, Boston. After several loved ones were affected by mental illness, she was motivated to increase education and promote hope and recovery in individuals and family members.

Cutrell’s commitment to understanding mental illness included seven years studying under neuroscientist, Dr. Bruce Cohen from McLean hospital. This experience exposed her to studies examining schizophrenia and bipolar disorder through a scientific lens. Inspired by his research, Cutrell collaborated with Dr. Cohen in transforming current scientific knowledge into visual art to share with the community. Her pieces reflect the genetic factors contributing to mental illness as well as its effect on body on a cellular level.

To further emphasize the complexity of mental health, Cutrell created a sculpture concerning the emotional aspects of mental illness. Her piece, “Spectrum”, is influenced by the four temperament theory from the 1400s and contemporary data from the National Institute of Mental Health. Ratio and fluidity of color are utilized to represent the dynamic nature of four human emotions: depression, mania, anxiety, and psychosis. “Who can say they have not experienced these emotions? There is no us or them,” said Cutrell. “It’s a Spectrum and we’re all on it somewhere.”



The “99 Faces Project: Portraits without Labels” was designed by Cutrell to challenge the stigma of diagnoses while simultaneously highlighting diversity and common humanity amongst us all. She explained, “My hope was that anyone who walked into the exhibit could identify with someone”. The portraits are reflective of the U.S. population 2010 census data; they range from age 3 to age 90, include various races and socioeconomic statuses, and consist of veterans, lawyers, artists, doctors, CEOs, authors, friends, and family members. The “99 Faces” consist of an assortment of portraits from 33 people who have experienced symptoms of schizophrenia, 33 people who have experienced symptoms of bipolar disorder, and 33 loved ones of those living with schizophrenia and bipolar disorder. Each photograph reveals happiness and individuality of the person behind the face — showcasing the possibility of love, hope and recovery beyond a label.



In her most recent painting, “Hope”, Cutrell reminds us to remain optimistic toward a future of advanced scientific research and expanded treatment options. Similar to the neuronal network in the brain, recovery is not possible without the community network of family, education, and local resources such as the one established through the Central Massachusetts Psychosis Network.

The Power of Music an interview with Jaques Ave 5 Band Members

In 1993, a psychologist at Community Healthlink, located on Jaques Avenue, came together with four Community Healthlink clients to form a band. They called themselves Jaques Ave 5, named after the street where they came together. Although he has since retired, Dr. Alan Birnbaum continues to perform locally along with the other band members, Chris, Scott, and Toni. Over the years, other individuals have come and gone, but the current members have been a part of the band since the very beginning. The band plays a variety of genres: blues, soft rock, folk, jazz, and more. Joining the band has been an enriching and positive experience for the members themselves. Chris, the guitarist, had given up playing guitar when he got ill, but Alan encouraged him to get back into the hobby. As Alan says, “playing music with people is a unique experience, unaffected by illness”. Over time, the band members have found their music has correlated to stronger rela-

The members of Jaques Ave 5 band have also used their talents to improve the lives of their listeners. The band often plays in the hospital, where they bring happiness and positive spirits to patients. They also developed a unique style of music that coined “Psychiatric Blues”. This genre was developed specifically to invoke a feeling of catharsis in the audience by discussing common topics experienced by those struggling with mental health, such as paranoia and unemployment. Chris says “we like to make people happy and have a good time”, and they are able to accomplish this while enjoying themselves. The band’s goal to empower individuals through its music has helped reduce feelings of isolation among many in its audience, and they



(From left to right): Chris, guitarist. Alan, flutist. Torrence, keyboardist. Scott, banjoist.

RESOURCES

South Bay Day Services by Melodie L'Etoile

South Bay is a community health organization that strives to offer compassionate care to those suffering with psychiatric illness, allowing them to attain a higher quality of life. They offer multiple Day Services programs that provide varying levels of outpatient support, depending on the individual’s needs.

Partial Hospital Program runs from 9am-3pm and offers the most intensive level of outpatient care. It is a bridge to the community, often acting as a step down from inpatient care. **Intensive Outpatient Program** provides more flexibility as it only runs in the mornings, but it continues to provide patients with the necessary structure and support. **Structure Outpatient Addiction Program** is also only half a day, and the program provides intensive support for individuals trying to re-integrate into their communities after a detoxification program. **Day Treatment** is the least intensive level of care that focuses on teaching consumers how to



If you are interested in South Bay’s outpatient services, you will need a referral from your healthcare provider. To read more about South Bay and the other services they offer, please go [here](#).

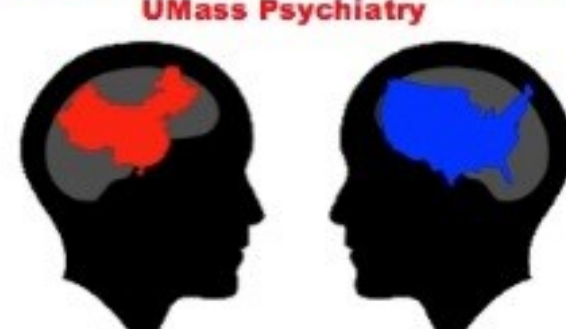
UPCOMING EVENTS

Global Mental Health Case Conference Series by Jingjing Cui

In 2014, the Global Mental Health Case Conference Series emerged through the collaboration between UMass Memorial Medical Center and Shanghai Mental Health Center. Now also including the Tianjin Mental Health Center, the series provides a platform for real-time, interactive, and critical discussion of interesting psychiatric case presentations amongst people from different cultures. The live-video conference aims to enhance cultural competency, dispel stigma, and

China Mental Health Program

UMass Psychiatry



麻州大学中国精神卫生计划

On September 28, the Shanghai Mental Health Center will present a case on first episode psychosis in a Chinese patient highlighting the importance of cross-cultural dialogue when treating patients with psychosis. Throughout the United States, current treatment plans generally follow the Recovery After an Initial Schizophrenia Episode (RAISE) model, yet China does not have such treatment models in place. As the RAISE model includes coordinated specialty care focusing on psychotherapy, medication management, family education and support, case management, and recovery oriented outcomes, typical intervention in China only offers pharmaceutical based treatment strategies.

The Global Mental Health Case Conference Series will take place at 7:45am on Thursday, September 28, 2017 in the Psychiatry Classroom (S4-325) at UMass Medical School. As there is limited capacity, RSVP is required. Please contact Dr. Jingjing Cui at jingjing.cui@umassmemorial.org if you would like to attend or for more information.

JOB OPENING

The Psychotic Disorders Research Program is looking for highly motivated individuals for the positions of Research Coordinator and Clinical Research Assistant. The Research Coordinator is responsible for carrying out multiple complex research protocols and must have at least one year of related experience, and the Clinical Research Assistant is responsible for performing delegated tasks and procedures involving human subjects in support of clinical research protocols and must have at least a bachelor’s degree in a scientific or health care related field. If you would like to learn about the job openings or to apply, please click the corresponding link.

For Research Coordinator, click [here](#). For Clinical Research Assistant, click [here](#).

SEEKING STORIES AND SUBMISSIONS

We are continuously drafting and editing future newsletters to be sent to community members throughout the Central Massachusetts area. If you have a personal story, local resources, recent publications, or upcoming events regarding psychosis or schizophrenia that you would like

The Central Massachusetts Psychosis Network aims to create a community space to build knowledge, develop skills, and share resources regarding psychosis, schizophrenia and severe mental illness. Please share with us your novel ideas, useful resources, upcoming events, research updates and inspiring stories. If you know of anyone who is interested in joining the network, or if you prefer not to be part of the network, please let us know. You may reach us by phone at 508-856-MIND (6463) or by e-mail at mind@umassmed.edu. This network was developed by the UMass Psychotic Disorders Clinical and Research Program, which includes four major components: clinical care, research, community outreach, and global initiatives. To learn more about us, click [here](#). Please like us on [Facebook](#) and follow us on [Twitter](#)!