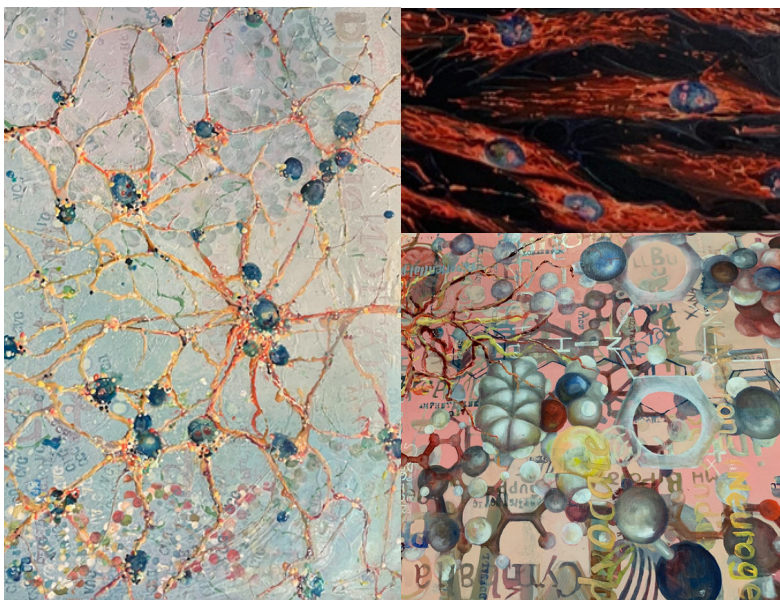


Central Massachusetts MIND Network

March 2023 – Winter Newsletter



Thank you for your ongoing support of UMass MIND! The Central Massachusetts MIND Network was developed to create a more inclusive community surrounding mental health among patients, family members, mental health advocates, local organizations, and providers within the Greater Worcester area. Over the years, we have shared groundbreaking mental health research, provided local mental health services, hosted various community events, and connected over 500 community members. We hope that this network will continue to serve as a catalyst to promote collaboration among the Central Massachusetts community!



THROWBACK: UMASS MIND VISITS 99 FACES EXHIBIT FIVE YEARS AFTER OUR FIRST VIEWING

Members of UMass MIND recently visited "The Many Faces of Mental Health" art exhibit on display at Oxford High School. We also had the opportunity to interview the artist Lynda Cutrell and learn how she uses art as a platform to destigmatize mental illness in our community. Read the full article linked below!

[READ MORE](#)



HARMONIOUS COMPLETES CHINESE COMMUNITY MENTAL HEALTH SURVEY

UMass MIND recently completed a project, via our affiliate program Harmonious, examining the current attitudes towards mental health in the Massachusetts Chinese community! The full report is also linked in the article!

[READ MORE](#)



UMASS MIND LAUNCHES NEW PROJECT LOOKING INTO PROTECTIVE FACTORS OF DEPRESSION IN ASIAN AMERICANS

UMass MIND is launching a new project examining the relationship parental emotional coaching and emotional regulation strategies have with depressive symptoms in East Asian American adolescents. Read more to learn more about the study!

[READ MORE](#)



Central Massachusetts MIND Network

March 2023 – Winter Newsletter



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THROWBACK: UMASS MIND VISITS 99 FACES EXHIBIT FIVE YEARS AFTER FIRST VIEWING

BY ALIX BARRY

“The Many Faces of Our Mental Health Exhibit” is on display at Oxford High School, with special viewings open to the public. Previously on display at Boston's Museum of Science in 2017, the exhibit has toured numerous hospitals and universities. UMass MIND was given the opportunity to explore the exhibit in 2017 and was fortunate enough to have a chance to see the exhibit again this year. This multimedia project was designed by the artist Lynda Cutrell to translate science into art, and represent biological research, national data, and personal stories in visual art.

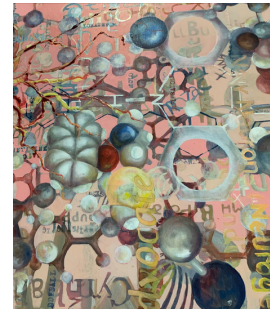
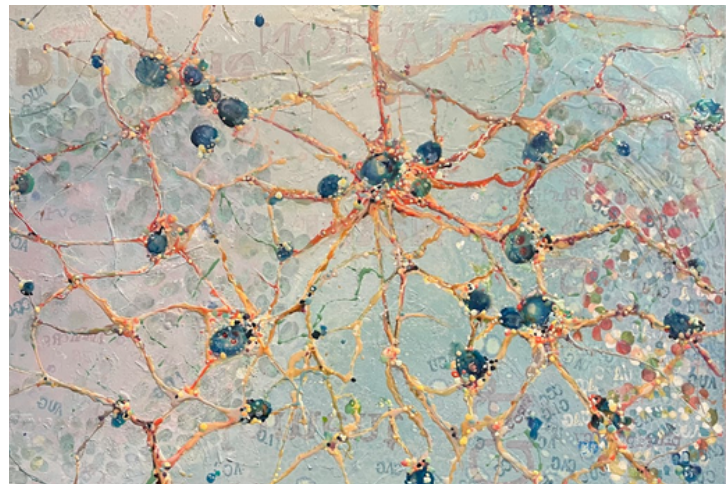
Cutrell is a long-time mental health advocate, former president of the National Alliance on Mental Illness (NAMI) Massachusetts, and post-baccalaureate graduate from the School of Museum of Fine Arts, Boston. After several family members were diagnosed with serious mental illnesses (SMI), she was motivated to learn more about mental health and transforming it into visual art to share with the community. Cutrell hopes to use art to promote hope and recovery in individuals and family members and “to create a space where everybody could talk about mental health.”

“99 Faces Project: Portraits without Labels” was designed by Cutrell to challenge the stigma around serious mental illnesses, breaking down labels and promoting diversity and the common humanity of individuals with psychiatric disorders. As she explained, “What I’m showing is how normal people can be, despite having an illness.” The “99 Faces” consist of an assortment of portraits of 33 people who have experienced



schizophrenia, 33 who have experienced bipolar disorder, and 33 loved ones of those living with these disorders. These portraits reflect the U.S. population 2010 census data; individuals range from age 3 to age 90, including various races and socioeconomic statuses. Each portrait represents the individuality and humanity of the person, removing the labels and stigma associated with SMI. As Cutrell notes, "the people who love them don't see the illness; they see the person who has to deal with the illness."

Cutrell further advocates for breaking down stigmas around SMI and hopes that the public takes away "a little more understanding and compassion for people who have to deal with these symptoms" after viewing the exhibit.



HARMONIOUS COMPLETES CHINESE COMMUNITY MENTAL HEALTH SURVEY

BY BRENNA CHUANG

Harmonious, a Chinese Mental Health Program affiliated with UMass MIND, has recently shared preliminary results from a Chinese Community Mental Health Survey detailing the attitudes that play a role in the understanding and usage of mental health services in this community. This project, led by fourth-year UMass medical student Zilin Cui, received a total of 326 responses from members of the Chinese community in Massachusetts. A unique aspect of this study was the consideration for the wide range acculturation, language, and age groups present in this population sample.

The results of the study found that participants who were more acculturated, meaning they've adopted more American culture, reported greater mental health knowledge and greater awareness of the stigma around mental health. Overall, those who reported greater

mental health knowledge tended to have less negative attitudes towards mental illness. Additionally, participants with higher acculturation and greater mental health knowledge were more likely to acknowledge the existence of mental health problems and the fact that they these problems may require professional help.

The results of this study reveal the diverse range of needs of the Chinese community, highlighting the importance of creating linguistically and culturally appropriate mental health resources to help increase awareness of mental health. As Cui notes, "I think it's important to meet people where they are - whether it be language, what spaces they frequent (real or virtual), where they go to look for trusted information, or what they believe about mental health."

CHINESE COMMUNITY MENTAL HEALTH SURVEY REPORT 2022

UMASS PSYCHIATRY
CHINESE MENTAL HEALTH PROGRAM
麻州大学华裔精神卫生计划



[Click here to read the full report!](#)

UMASS MIND LAUNCHES NEW PROJECT LOOKING INTO PROTECTIVE FACTORS OF DEPRESSION IN ASIAN AMERICANS

BY BRENNA CHUANG AND ANNA MAZUR

UMass MIND is excited to announce the launch of a new research project, led by second-year Drexel University College of Medicine student Vivian Lee and second-year UMass Chan Medical School student Andy Wang, in order to better understand why Asian Americans have some of the highest rates of depression among minorities. Conducted through an anonymous survey, this project aims to examine the relationship of parental emotional coaching and emotional regulation strategies in correlation with depressive symptoms in East Asian American young adults. This survey is being sent out to various organizations and institutions across the country.

Lee and Wang were inspired to pursue this research after noticing the increasing prevalence of Asian American adolescents struggling with depression and mental health, believing it to be due in part to a growing divide between generations of Asian Americans in terms of coping methods. Lee notes that “Emotional regulation strategies that a lot of East Asian parents have used during their childhood are different from ones that are thought of as healthy today,” creating a disconnect between the strategies they teach their children and the strategies that today’s environment necessitates for healthy coping. Wang adds that in past generations of East Asian culture there was the expectation of individuals to “suppress their own desires for the greater good, which can be more detrimental in today’s environment compared to back then.” Their hope is that this research will give more insight as to whether changes in parental emotional coaching and emotional regulation strategies can be targeted as a means of improving the psychological well-being of Asian American adolescents.

[If you would like to take the survey, click here to access it!](#)



DEPRESSIVE SYMPTOMS IN EAST ASIAN AMERICAN YOUNG ADULTS

Did you know that Asian American experience some of the highest rates of depression among minorities?

To try and understand why, UMass MIND will be conducting a survey to research the relationship between types of emotional regulation strategies and parental emotional coaching with depressive symptoms in the East Asian young adult population.

- If you're interested in taking the survey, contact us! We will send you a brief, anonymous survey.
- It's quick! The survey takes between 15-20 minutes to complete.

INTERESTED OR HAVE QUESTIONS?

- 508-856-MIND (6463)
- MIND@umassmed.edu

ELIGIBILITY:

- EAST ASIAN OR EAST ASIAN AMERICAN
- 18-30 YEARS OF AGE
- ENGLISH-SPEAKING

UMass Chan Medical School | UMass MIND Clinical and Research Program | Research Mind | Promote a Life | Email: MIND@umassmed.edu | Phone: 508-856-MIND (6463)

CURRENT STUDIES: ACTIVELY RECRUITING!

Study #1: Substance Use Study

The purpose of this study is to see whether Brexpiprazole, an FDA approved antipsychotic medication for schizophrenia treatment, may help reduce substance abuse in individuals with schizophrenia or schizoaffective disorder. This study is 3 months in length with weekly meetings.

Study #2: Negative Symptom Study

Are you or someone you know living with schizophrenia and struggling with negative symptoms such as social withdrawal or apathy? The Negative Symptom study seeks to determine if an investigational medication, AVP-786, is effective in the treatment of negative symptoms.

Our studies are conducted at 26 Queen Street, Worcester, MA 01610. You will be compensated for your time being involved in any study. If you are interested or would like more information about any of our studies, please call 508-856-MIND (6463) or email MIND@umassmed.edu

Find us on social media for weekly updates about our program!

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