



# UMass Mind Network

## Newsletter

July 2025

Individuals with schizophrenia often face triple jeopardy: a devastating mental illness, co-morbid medical problems, and co-occurring substance use. UMass Mind Clinical and Research Program, part of the University of Massachusetts Chan Medical School and UMass Memorial Health, aims to address each facet of the triple jeopardy and develop innovative intervention strategies to promote whole person health. The UMass Mind Network aims to create a community space to share knowledge and resources regarding psychosis, schizophrenia, and serious mental illnesses.

### UMass Mind at the American Psychiatric Association (APA) Annual Meeting



Earlier this year in May, UMass medical students and UMass Mind members Danielle Li, Sedona Lockhart, and Victoria Loosigian traveled to Los Angeles, California for the 2025 American Psychiatric Association (APA) Annual Meeting! The APA Annual Meeting is the largest annual event for psychiatrists and mental health professionals all over the world. Over the course of several days, they had the opportunity to present to and learn from some of the leading experts in the field of psychiatry.

The theme for the APA Annual Meeting this year was “Lifestyle for Positive Mental and Physical Health,” which draws attention to the benefits that physical activity and social connectivity have in improving mental and physical health outcomes.

Representing UMass Mind in this conference, Danielle and Sedona presented on our recent Pilot Device-Assisted Exercise Project, which explored how wearable fitness trackers can support efforts to improve physical activity in individuals with serious mental illnesses (SMI). Victoria presented on our Virtual Pilot Drama Therapy Program, which demonstrated that people with SMI may benefit from a therapeutic theater model. Victoria's piece was also hand-selected by the Scientific Program Committee to be featured in the Community Psychiatry Hub! The Community Psychiatry Hub is a dedicated space designed to foster collaboration, learning, and innovation in the field of community psychiatry. Taken together, their work highlights the community-centered approach that UMass Mind is committed to taking to support members of the SMI community in promoting both mental and physical health.

## Out of the Hospital and into the Community: Empowering Medical Trainees to Promote Health Equity through Community-Partnered Lifestyle Nutrition Initiatives

At the Association of Directors of Medical Student Education in Psychiatry (ADMSEP) 2025 Annual Meeting (June 19–21 in Boston, MA), Amy Cheung, MD, PhD, a founding member of UMass Mind Community Intervention Program and currently a psychiatry resident at Yale, led a presentation on Food4Thought, a community-based initiative developed by UMass Mind and facilitated by medical trainees (medical students and psychiatry residents). The program explored the relationship between mental health and nutrition quality to reduce health disparities in individuals with serious mental illness. The program partnered with local community centers, such as group homes and clubhouses, to offer supportive environments, integrating nutritional education and having participants take part in hands-on cooking workshops alongside medical trainees.

Dr. Cheung noted that the emphasis on medical trainees being involved in community-based health equity efforts was received with enthusiasm among the meeting participants. Her presentation sparked further conversations on how community-partnered lifestyle nutrition initiatives can serve as important real-world, patient-facing experiences in psychiatric medical education.



*[Learn more about our Community Intervention Program here!](#)*



### **UMass Mind Clinical and Research Program**

UMass Chan Medical School / UMass Memorial Health

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