



dB Dan Bavosi

917.207.0025
DAN@DAN-NYC.COM
PORTFOLIO: DAN-NYC.COM

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Dan Bavosi

917.207.0025
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Interactive Web-Based Networking Tool for Linking Services and Interventions Research Training and Education Programs

Contact: Brian Shanahan
MedEdSemin
505 Eighth Avenue
Suite 701
New York, NY 10018
E-mail: bshanahan@mededsgin.com



Brian Shanahan, Stephen J. Barata, M.D., M.S., Martha L. Bruce, M.D., M.P.H., Jürgen Unutzer, M.D., M.P.H., Yvette Shelton, M.D., Jo Anne Sirey, Ph.D., Gwenn Smith, Ph.D., Jeffrey Lyness, M.D., Patricia Arvan, Ph.D., Yeates Conwell, M.D., Benjamin Druss, M.D., M.P.H., Paul Duberstein, Ph.D., Joseph Gallo, M.D., M.P.H., Anand Kumar, M.D., Benoit Mulsant, M.D., Bruce Pollock, M.D., Ph.D., David Steffens, M.D., M.H.S.

Educational Objectives: At the conclusion of this presentation, the participant should be able to:

1. Identify how geriatric mental health researchers will benefit from increased interaction with mentors and colleagues.
2. Recognize the importance of having a pool of researchers dedicated to finding novel interventions and services in geriatric mental health.
3. Discuss how interactive Web-based tools can be used to assist in mentoring and career advancement of geriatric mental health researchers.

Topic: Geriatric Psychiatry

Literature References

1. Institute of Medicine (IOM). *Reaching for an Aging World: The National Academies Press*, 2008.
2. Barata SJ. Improving the United States System of Geriatric Mental Health and Recommendations. *New Freedom Commission on Mental Health*. Am J Psychiatry. 14:48-497.

Objective: By 2011, the youngest members of the 78-million baby boomer generation will turn 65, and, by 2030, around one-fifth of the US population will be over 65.¹ The 2003 Report of the Subcommittee on Older Adults for the President's New Freedom Commission on Mental Health recognized the dearth of clinicians and researchers and identified support for mental health and aging research as a major priority.² The mounting public health burden of mental illness in this population requires an increase in specialized investigators that can research geriatric mental health disorders and introduce interventions to treat them.

Methods: MedEdSeminar is a Web-based collaboration system that supports distance mentoring and career advancement for junior investigators who are preparing to submit applications for independent research funding for geriatric mental health research. The site provides an environment in which to share resources (ie, articles, event announcements) and a Live Meeting tool to facilitate live mentoring between geographically dispersed mentors and scholars.

Results: The Web site is currently utilized by members of two workgroups comprising junior investigators and mentors who are participants in geriatric psychiatry research training programs funded by the NIMH. Since 2004, MedEdSeminar has hosted over 50 live seminars for workgroup members.

Conclusion: The MedEdSeminar hub links senior investigators (mentors) and their trainees (scholars) through live interactive meetings, thereby enabling the development and dissemination of geriatric mental health ideas and findings. This online community of researchers benefit from sharing current information about research and interventions in the field and gaining feedback from mentors about proposed research projects in order to better their chances of obtaining independent research funding that will support the field of geriatric mental health research.

Funding acknowledgement: This project has been funded with federal funds from the National Institutes of Health, Department of Health and Human Services, under Contract No. HHSN271200664098C.

MedEdSeminar

Collaboration and mentorship among junior academic researchers has been shown to improve the focus, efficiency, and productivity of researchers' projects.¹ Conversely, researchers who lack mentorship may produce fewer publications and receive fewer grants than peers with mentoring connections.²

MedEdSeminar.org is a Web-based collaboration system that supports distance mentoring and professional networking for mental health researchers. The site allows mentors and trainees to share resources and conduct online meetings to discuss research projects in real time.



MedEdSeminar currently supports 2 NIMH-funded training programs—the Advanced Research Institute (ARI) and a National Research Service Award (T32) 2-year postdoctoral fellowship program—that aim to increase the number of independent investigators conducting interventions and services research in geriatric mental health.

The MedEdSeminar hub links mentors and trainees through live interactive meetings that facilitate the development and dissemination of geriatric mental health ideas and findings.

Since 2004, MedEdSeminar has hosted over 50 live seminars for training program participants. These presentations were recorded and then adapted for Web viewing, thus making them available as an enduring resource for a larger audience.

This online community of researchers share current information about research and interventions and gain feedback from mentors about proposed research projects and grant proposals with the goal of obtaining independent research funding that will support the field of geriatric mental health research.

References
1. Shanahan B, Unutzer J, Smith GJ, Niles BA, Thayer G, Pisk DC. Peer-mentored research development meeting: a model for accelerated peer mentoring among junior and senior researchers. *Acad Psychiatry* 2004; 29:249-251.
2. Sambasak D, et al. Mentoring in academic medicine: a systematic review. *JAMA*. 2008;294:1103-1110.

MedEdSeminar links mentors and trainees in several ways:

Calendars

Workgroup members can keep track of project meetings, deadlines, or other events. Users choose if the event will go on their personal calendar, which only they will see, or the project calendar, which all project participants can access.

Forums

MedEdSeminar's forum lets project leaders or participants post messages to initiate or join a discussion. Users can introduce a topic or category or start a new thread within a category.

File sharing

This section houses files and documents important to the group. Users can upload files, articles, or links for their own use or to share with the all or any members of the group.

Directory

A project directory lists all the participants in the group. From the directory section of the project, members can send messages to other individuals or to the entire group.

Slide library

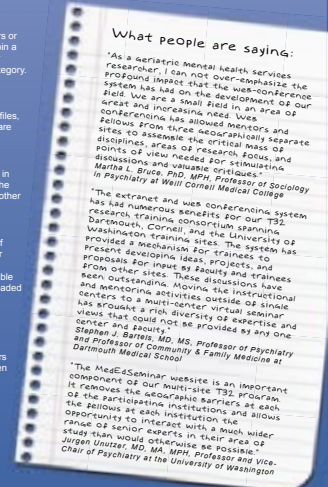
The slide library is a searchable archive of slides created by mentors and trainees for MedEdSeminar web conferences and presentations. The slide library is searchable by keyword and selections can be downloaded as a customized PowerPoint slide deck.

A Live Meeting tool

The Live Meeting tool facilitates real-time web conferencing and live mentoring between geographically dispersed mentors and trainees. These presentations are then archived for on-demand playback.

Live Meeting allows participants to:

- View slides, graphics, and video
- Participate in real-time polling
- Interact with the presenter with audio, teleconferencing, or through text chat
- Sketch on a shared virtual whiteboard
- Remotely share applications



Scientific Poster - 8ft by 4ft



Dan Bavosi

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DAN@DAN-NYC.COM
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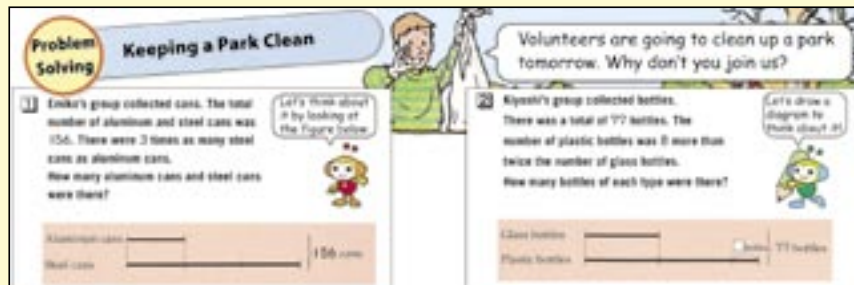
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— Schmidt, W.H., Houang, R.T., and Cogan, L.S. (2002)
A coherent curriculum: A case of mathematics, American Educator
(http://www.aft.org/pubs-reports/american_educator/summer2002/index.html)

The high performance of Japanese students in international mathematics assessments has been highlighted by the Third/Trends International Mathematics and Science Study (TIMSS) in 1995, 1999, and 2003.

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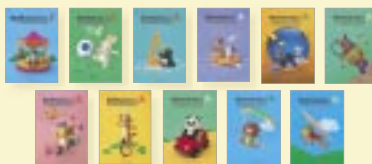
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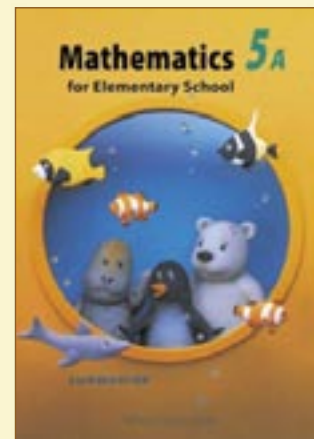
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POSTPARTUM DEPRESSION

Looks Can Be Deceiving...
Talk About It, Treat It, Defeat It!



What is postpartum depression?

Postpartum depression – “PPD” for short – is a type of depression that affects 1 out of 8 new mothers within a year after they give birth. PPD is long-lasting sadness. If you are a woman with depression, you are not alone. Help is out there.

Here are some symptoms of PPD:

- » Loss of interest or pleasure in life
- » Withdrawal from friends and family
- » Loss of energy and motivation to do things
- » Eating too much or too little
- » Sleeping too much or too little
- » Having trouble remembering, focusing, or making decisions
- » Feeling like life isn't worth living
- » Crying a lot
- » Irritability, anxiety, or restlessness
- » Having thoughts of hurting yourself
- » Feeling worthless and guilty
- » Thinking about hurting your baby

What PPD is NOT:

PPD is not something to be ashamed of.

It is not your fault.

It is not a sign of a weak personality.

PPD is an illness that requires medical care just like diabetes is an illness that requires care. You *can* take the steps to deal with PPD and its symptoms.

Gatefold Brochure



Dan Bavosi

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DAN@DAN-NYC.COM

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