

Department of Mental Health Alumni and Friends Newsletter

June 2017

Inside this issue:

Letter from the Chair	1
Research and Education	3
Doctoral Success	4
Master's Degree	5
Student Highlights	5
Alumni Highlights	6
Faculty Highlights	8
Photo Gallery	10
Faculty Highlight	11

Letter from the Chair:

Dear friends,

I can't believe another year has flown by! We once again had a great year in the department and school, with lots of recent changes and more to come. Our faculty, staff, and students continue to make important contributions to public mental health, as you will see in this newsletter. We have exciting news of several new faculty hires, new projects, and new recognition awards. We had an outstanding MHS class who contributed greatly to the life of the department, as well as impressive new doctoral students who are already making an impact, and truly amazing doctoral graduates who defended their dissertation work this year. Our alumni continue to shine and make us proud.

I had the opportunity this year to serve as Co-Chair of a University Student Mental Health and Wellness Task Force, charged by President Daniels to assess the state of student mental health on our campuses and make recommendation for the university's policies and practices moving forward. I was joined by faculty and students across JHU, with particular thanks to Holly Wilcox, Michelle Colder-Carras, and Calliope Hologue from our department who contributed many hours to our research, writing, and student survey analyses. The full report will be available publicly very soon and we will provide a link from the DMH webpage.

We also learned that our Dean, Mike Klag, will be stepping down at the end of this summer. Dean Klag has been a true advocate for the role of mental health in public health and has supported our department in so many ways. We hosted a faculty lunch for him this fall to recognize and thank him for his 12 years of service and commitment to our department, the school, and the field of public health. As we look to the future, we are excited about welcoming a new Dean, and importantly, to welcome our new faculty members and new students.

-Dani Fallin

Good Behavior Game In Surgeon General's Report! The first-ever Surgeon General's report on "Facing Addiction in America" has included reference to the Good Behavior Game (GBG), a grade 1 and 2 classroom-based behavior management program. The Prevention Intervention Research Center (PIRC) cohorts, studied by DMH researchers for over 30 years, continue to follow Baltimore City children from GBG intervention trials into adulthood. They and others have shown significantly lowered rates of substance use and abuse, conduct problems, and high risk behaviors due to GBG. It is great to see this important prevention science work highlighted by the surgeon general!

On that note, Sheppard Kellam, MD, Professor Emeritus, has been invited by the Governors Health Policy Advisors Institute to participate in an advisory panel this summer where he will emphasize a focus on up-stream prevention and systems of care.



Dean Klag, Peter Piot, Margaret Chan, Mike Bloomberg, Ellen Sirleaf, Bono, Katie Couric, Tabare Vasquez, President Daniels.

Michael Bloomberg Philanthropies hosted a celebratory gala event in New York City in September to celebrate the closing of our Centennial Year. (<https://hub.jhu.edu/2016/09/20/bloomberg-centennial-dinner-nyc/>). Awards for Visionary Leadership in Public Health were given to Peter Piot (Director and Handa Professor of Global Health at the London School of Hygiene & Tropical Medicine), Margaret Chan (Director General of WHO), Ellen Sirleaf (President of the Republic of Liberia), Bono (lead singer of U2 and cofounder of ONE and (RED)), and Tabare

Vasquez (President of Uruguay). Tolbert Nyenswah LLB, MPH '12, Deputy Minister of Health for Disease Surveillance and Epidemic Controls, Liberia, was also recognized as an Emerging Leader.



DMH Chair, Dani Fallin, at right, along with Stephen and Julie Moore, JHU Trustee, School Health Advisory Board Chair, and founding donor of the Moore Center for the Prevention of Child Sexual Abuse help celebrate on stage.

This was also on the eve of the historic announcement of a new \$300 Million gift by Bloomberg to create the **Bloomberg American Health Initiative**, to change the landscape of public health in the next generation, focused specifically on Addiction and Overdose, Violence, Adolescent Health, Obesity and the Food System, and Environmental Change as critical public health problems of the future.

Research and Education

RESEARCH

In fiscal year 2016, the faculty applied for 119 grants (including competing and non-competing applications). Our success rate was 34%, with 40 grants awarded at a total amount of \$10,627,902. This is better than triple the current average NIH success rate, which is only funding approximately 10% of applications. This speaks to the quality and tenacity of our faculty! These submissions include only grants in which our faculty were Principal Investigators—the faculty supported other investigators throughout the school and university and other institutions as well. FY 16 newly funded awards include:

- ◆ Multilevel Moderators of Drugs, Violence, Poverty and HIV Among Black Youth and Young Adults Living in Baltimore/[Ialongo, Nicholas S](#)
- ◆ Mindful Moment Pilot Program Evaluation/[Mendelson, Tamar](#)
- ◆ Alcohol Policies to Prevent and Reduce Youth Violence Exposure/[Shields, Ryan T](#)
- ◆ Scientific Evaluation of Psychosocial Support Programs in Low-Resource Humanitarian Settings Stage 1/[Haroz, Emily E](#)
- ◆ Help Wanted: Designing a Prevention Intervention for Adolescents Who Are Sexually Attracted To Younger Children/[Shields, Ryan T](#)
- ◆ Addressing Trauma in Urban Youth: Evaluating the Implementation of Baltimore City Health Departments Citywide Trauma Informed Care Training Intervention/[Damian, April Joy G](#)
- ◆ Impact of Early Life Exposure to Endocrine Disrupting Chemicals on Infant Growth, Adiposity, and Neurodevelopment/[Fallin, Margaret D](#)
- ◆ An ASD Enriched (ASD-ER) ECHO Cohort/[Volk, Heather](#)
- ◆ Project Ushindi Mental Health Services Sexual Violence Survivors in DRC/[Bass, Judith](#)
- ◆ Testing the Efficacy of A Developmentally-Informed Coping Power Program in Middle Schools/[Debnam, Katrina](#)
- ◆ CHS research resources for the cardiovascular health of older adults/[Carlson, Michelle C](#)
- ◆ Component A: MD CADDRE: Study to Explore Early Development, SEED Phase III/[Fallin, Margaret D](#)
- ◆ NAHDAP - Data Warehouse ECA and PRC/[Eaton, William W](#)
- ◆ Component C: East Coast SEED 1 Follow-Up Study/[Fallin, Margaret D](#)SHARPZ Jacobs Foundation Award: Building Local Capacity in Trauma Focused CBT/[Murray, Laura](#)

- ◆ Improving Part C services and outcomes for under-resourced children with ASD/[Stuart, Elizabeth](#)
- ◆ Randomized Controlled Trial of ways to improve OVC HIV prevention and well being (supplement)/[Murray, Laura](#)
- ◆ The Bipolar Sequencing Consortium for Combined Analyses and Follow-Up/[Zandi, Peter P](#)
- ◆ Consultancy for Mental Health and Care Practices projects/[Tol, Wietse A](#)
- ◆ Investigating Air Pollution Effects on the Developing Brain and ASD/[Volk, Heather E](#)
- ◆ Texting for Relapse Prevention: Improving outcomes for people with schizophrenia/[Goggins, Bernadette](#)
- ◆ Integrating Epigenomics in Human Brain and Genomics of Nicotine Dependence/[Maher, Brion](#)
- ◆ Training DSAMH Staff in Public Mental Health FY16/[Fallin, Margaret D](#)
- ◆ The Collateral Consequences of Juvenile Sex Offender Registration & Notification/[Letourneau, Elizabeth J](#)
- ◆ An Efficacy Trial of the Early Achievements Social Communication Intervention for Preschoolers with Autism/[Musci, Rashelle J](#)
- ◆ Prospective Evaluation of Air Pollution, Cognition, and Autism from Birth Onward/[Volk, Heather E](#)
- ◆ Asia Pacific Research for Mental Health Services ASPIRE MHS/[Bass, Judith](#)

EDUCATION

During this 2016-2017 academic year faculty taught more than 40 formal courses with a total enrollment of 767 students.

Faculty advised 35 doctoral students, 18 postdoctoral fellows and 30 master's students.

Our faculty members sat on 41 school-wide preliminary oral examinations and 64 final dissertation defense examinations for students in this department and eight other departments in the school (excluding only the laboratory departments of Biochemistry and Molecular Biology and Molecular Microbiology and Immunology).

Applications for our doctoral program remain steady (70), and we are successfully recruiting some of the nation's best. As of now, we are expecting to be joined this fall by four new doctoral students, four new post-doctoral fellows, and approximately 29 new master's students.

Congratulations to our Department Graduates

Doctoral Degree Recipients

Doctor of Philosophy

Liming Dong

Advisor: Ramin Mojtabai, MD
Characteristics and Workforce Exit with Mental and Cognitive Health in Mid and Late Life

Anna B. Flynn

Advisor: Renee Johnson, PhD
Adverse Childhood Events and Substance Use Among Sexual Minority Young Adults in the U.S.

Sarah Nicole Forrester

Advisor: Joseph Gallo, MD
Cognitive Function Across Self-identified Ethno-racial Groups: The Role of Discrimination, Allostatic Load, and Health Behaviors

Stacey Williams Lloyd

Advisor: Philip Leaf, PhD
Neighborhood variation in the rate of child welfare contact

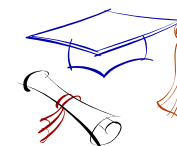
Amanda Joan Nguyen

Advisor: Judith Bass, PhD
A Latent Class Approach to Understanding Experiences of Bullying Victimization Among Youth in Four Low-resource Settings

Doctor of Public Health

Remington Lee Nevin

Advisor: Peter Zandi, PhD
Pharmacovigilance of Neuropsychiatric Adverse Reactions to Mefloquine



Master's Degree Recipients

Master of Health Science

Arabiye Artola
Saman Baban
Jacqueline Victoria Bran
Dannielle Adelle Brown
Brandon Maurice Carter
Catherine Ann Clair
Matthew Richard Collinson
Marisa L. Doll
Kelly Michelle Drane
Nikita Dionne Driscoll
Colby Mackenzie Gabel
Darci May Gallimore
Diamone Khadejah Hale
CeCelia Kristine Hanline
Jennifer L. Hansen
Morgan Blake Harrington
Danielle Taylor Hodges
Maegan Metisa Ingram
Dakota Paige Jablon
Suvarnambiga Kannan
Yejin Janice Kim
Melissa Carmita Mongrella
Nuha Fethi Muktar
Marisa Ann Patti
Shubhangi Sinha
Christine Ying Situ
Sangeetha Tharmarajah
Bernie Lon Wong



Student Highlights

Student Departmental Awards 2016-17

Paul V. Lemkau Award

Kenneth Feder, PhD student

This award is made annually for outstanding performance in doctoral students in the field of Mental Health.

Morton Kramer Fund

Ryan Andrews, PhD student

This award is made annually to a doctoral student who has demonstrated excellence in the application of biostatistical and epidemiologic methods to mental disorders.

Lucy Shum Memorial Scholarship Award

April Joy Damian, PhD student

This award is made annually to a doctoral student who has demonstrated excellence in public health policy for mental health issues.

Dr. Ali and Rose Kawi Scholarship

Calliope Holiague, PhD student

This award is made annually to a doctoral student who has demonstrated excellence in mental health issues.

Alberta Szalita Award

Marian Tzuang, PhD student

This award is made annually to an outstanding doctoral student in the Department of Mental Health.

School-wide Awards 2016-17

Ryan Andrews, PhD student, is the 2017 Delta Omega Scholarship Competition winner for the "Applied Research" category

Paul Nestadt, MD, Postdoctoral Fellow, received 2nd place in the policy/practice category in the Delta Omega poster competition.

Amanda Nguyen, PhD '17, was elected to Delta Omega

Matthew Collinson, MHS '17, was elected to Delta Omega

Marisa Patti, MHS '17, was elected to Delta Omega

Other Student Awards 2016-17

Ryan Andrews, PhD student won 3rd place at the 10th Annual Research on Aging Showcase Poster Competition.

Paul Nestadt, Postdoc was awarded first place prize for the Donald O. Fedder Student Poster Competition at the Maryland Public Health Associate Annual Meeting.

April Joy Damian, PhD student received a NRSA for her project titled, "Addressing Trauma in Urban Youth: Evaluation the Implementation of Baltimore City Health Department's Citywide Trauma Informed Care Training Intervention."

Alumni Highlight: Dan Berstein, MHS '14



Dan Berstein, MHS, '14, has blended his knowledge of mental health, mediation, communication, and social entrepreneurship into MH Mediate, a business he began in 2012. As a person with bipolar disorder, he had firsthand knowledge of the necessity to provide conflict resolution trainings and services to mental health stakeholders.

Dan, who now lives in New York City, says his business entails providing trainings and consulting services to workplaces, universities, mental health service providers, housing providers, and other clients who are looking to develop skills and improve their culture.

"This work has taken me around the country, teaching people and organizations ways to have empowered communication about mental health, tools for resolving conflicts, impartial practices for addressing challenging behaviors, and accessible processes that work for people with diverse abilities," he said. Dan's outreach efforts have included conference keynotes, workshops, a TEDx, webinars, and podcast interviews in addition to the private trainings.

Dan says his work is grounded in knowledge he gained from his MHS studies. "I apply the analytical tools I learned at Hopkins toward developing any training or presentation. When I teach the various statistics and viewpoints in mental health, much of that information is derived from my studies in the Mental Health Department at Hopkins. Some of the trainings also build on the work I did leading a Mental Health Conflict Resolution Training Project through the JHU Social Innovation Lab," he says.

Dan has made lasting connections with his JHSPH faculty and peers, some of whom continue to work on their doctorates. "I am fortunate enough to have made lasting friends. When I was speaking at the Association for Con-

flict Resolution conference in October, which was held in Baltimore, I stayed with a friend from the department and met with several others during my limited free time," he said. Faculty members have been helpful in providing feedback and suggesting connections, including a prospective partner for a federal Small Business Innovation Research (SBIR) grant.

Looking back on his time at JHSPH, Dan says he was able to tailor his academic choices with his career interests effectively. "I came to Hopkins seeking to learn more about diverse perspectives of mental health and how to improve communication across different stakeholder groups. No one course fit that interest, but there were always ways to build course projects related to my interests. I was

able to make all of my courses – both inside and outside the department – focus on topics that applied to my work in conflict resolution and mental health. That meant my thesis fo-

ocused on assessments of decisional capacity, my Psychiatric Epidemiology paper advocated for adding discussion of positive traits associated with bipolar disorder to the curriculum, and my project for the seminar on Physical and Mental Health stressed the blurry lines of interpretation between physical conditions and mental disorders. Being able to explore topics like these and get feedback from my various professors helped build the foundation for the work I am doing now."

These days, Dan is part of an organization called the Stability Network, a group of people sharing their stories of living with mental illness in order to counteract workplace mental health stigma. He also volunteers as a conflict



Dan Berstein, MHS '14 (cont'd)

coach at the New York Peace Institute. Dan is happy with his life in New York but still nostalgic for his time at Hopkins. "I miss walking by the Inner Harbor!" he said.

Dan welcomes opportunities to share his work and answer questions. He can be reached at dan@mhmediate.com.



Alumni News

- ◆ **Loretta Anderson, MHS '16** has been elected Vice Chair, Board of Directors for Behavioral Health Navigators Center. She recently submitted a grant to the American Psychological Foundation that will allow them to conduct research on the impact of an intervention called Healthy Eating Active Living (H.E.A.L.) in 3 local communities in Prince George's County that are considered at high risk of health disparities. We aim to provide nutritional counseling to increase consumption of fruits and vegetables, provide activity sessions at a local YMCA for physical exercise and yoga, and education on how to implement these on a long term basis after the program is complete. The plan calls for the use of activity trackers to assist in evaluating the impact of the H.E.A.L. intervention plan. The goals are a 5-10% decrease in weight (for those classified as obese or overweight) over a 6 month period, per guidelines from the NIH NHLBI, and a goal of a 10% improvement in physical activity metrics, measured by number of steps taken, distance traveled, and calories burned on a weekly basis. "We are targeting families, not a specific age group, and we hope to reduce health disparities through this intervention by reducing obesity which is a risk factor for a variety of chronic diseases such as heart disease, depression, sleep apnea, poor self esteem and others", said Anderson. Wishing Loretta the best to obtain funding for this important work!
Loretta is currently a Research Program Assistant with the Johns Hopkins School of Medicine, Department of General Internal Medicine, working on PREPARE NOW study. <http://www.kidneypreparenow.org/about.html>.
- ◆ **Xueping Zhou, MHS '15** received a NIMH Director's Award in 2016. Dr. Zhou is statistician in the Child Psychiatry Branch, National Institute of Mental Health/National Institutes of Health
- ◆ **Shalini Wickramatilake, MHS '11** first authored a publication in the March/April edition of Public Health Reports, "How State are Tackling the Opioid Crisis." Shalini said, "We collected data from members of my association, the National Association of State Alcohol and Drug Abuse Directors (NASADAD), on what prevention, treatment, and overdose reversal efforts states have made targeting prescription opioid and heroin addiction. The authors at NASADAD worked closely with folks at the Substance Abuse and Mental Health Services Administration (SAMHSA) to develop this paper. It's clear that States have really led the way with regard to addressing the opioid crisis, as described in our paper." Link to article: <https://doi.org/10.1177/0033354916688206>.
- ◆ **Amanda Nguyen, PhD '17** is currently a postdoctoral fellow at University of Virginia Curry School of Education, where she is working with Catherine Bradshaw on school-based prevention research while also still collaborating with the global mental health group at Hopkins on some of our ongoing research projects. And as of July 1, Dr. Nguyen is transitioning into a research faculty position at Curry and will continue doing partnership-based research with both local and global applications, and hopes to keep working with Judy Bass and others at Hopkins for many years to come!
- ◆ **Hillary Samples, MHS '13** just completed her PhD in Health Policy and Management at Hopkins. She will begin a postdoctoral fellowship in July with the Substance Abuse Epidemiology Training Program at Columbia.

New Faculty



Emily Haroz, PhD joined the faculty as Assistant Scientist. Emily received her PhD from DMH here at JHSPH, as well as her MHS. She also has a MA from Columbia. She works on mental health assessment in global settings and is an active member of the global mental health group.



Jeremy Kane, PhD recently joined the faculty as Assistant Scientist. Jeremy received his PhD from our department, and just completed a postdoctoral fellowship here. Jeremy will continue working on projects with the global mental health group, especially related to measurement of alcohol use problems and the dissemination and implementation of programs to treat co-occurring mental and substance use problems.



Holly Wilcox, PhD joins us as an Associate Professor. Most of you already know Holly, who is a graduate of our department and a long-time jointly appointed faculty member. As Holly's career has grown, her commitment to public health, and particularly to suicide prevention intervention, has remained steadfast. Her work is central to our department's mission in research, education, and practice, making her a natural fit as a primarily appointed faculty member. She will continue her research in suicide prevention as well as teaching our suicide course, advising students, and engaging with the prevention scientists in the department. She will also become active in the BAHJ adolescence and violence working groups.

We have several new Assistant Professors who will join us this fall:



Sabriya Linton, PhD, MPH is a graduate of the Department of Epidemiology here at the Bloomberg School, and importantly, of our own DDET training program. She also earned a MPH in global health from Emory. At JHU, she hopes to develop a research agenda that informs the development of multilevel interventions to address substance use and HIV and contributes to the design of community development initiatives that ameliorate behavioral health challenges.



Johannes Thru, PhD is a psychologist with training in addiction research from Friedrich-Alexander-University and Dresden University of Technology in Germany. He is currently a postdoctoral scholar at the University of California, San Francisco working with Danielle Ramo and Pamela Ling. His work brings together mobile health (mHealth) technology and addiction intervention research. At JHU he hopes to continue work on co-occurring substance use etiology and prevention and to move beyond self-reported ecological momentary assessment (EMA) data into objectively collected behavior measures through built-in smart phone sensors and other wearable devices.



Sarah Murray, PhD, MSPH, is a graduate of our department and currently a post-doctoral fellow in the Global Mental Health training program. Her research interests center on the important role of stigma and discrimination in the complex intersection of mental health, violence, and social suffering. At JHU, Sarah hopes to develop and test intervention strategies in both the US and in low- and middle-income countries that best target people at greater risk of IPV perpetration or victimization.

Faculty Promotions

Elizabeth J. Letourneau, PhD has been promoted to Professor.

Peter Zandi, PhD has been promoted to Professor.

Brion Maher, PhD has been promoted to Professor.

Elise Pas, PhD has been promoted to Associate Scientist.

Elizabeth Stuart, PhD, has been named the School's Associate Dean for Education. To read the BSPH news release: <http://www.jhsph.edu/news/news-releases/2016/johns-hopkins-bloomberg-school-of-public-health-names-two-new-deans.html>

Faculty Awards

Excellence in Research and Practice

Elizabeth Stuart, PhD, received the Gertrude M. Cox Award. The award, established in 2003 through a joint agreement between WSS and RTI International, is to recognize statisticians in early to mid-career who have already made significant contributions to statistical practice.

George Rebok, PhD, was appointed to the Maryland State Commission on Aging. In addition, he has been selected as recipient of the 2017 Mentorship Award in Aging by the American Psychological Association. His record of consistent support, guidance, and strong direction to undergraduate and graduate students in aging and adult development is highly impressive, and his letters of nomination and endorsement for this award were extremely strong. Dr. Rebok will be presented with a plaque at the Division 20 Business Meeting during the annual convention in Washington, DC, this August.

The NIH Pathways to Prevention report ("Data Linkage Strategies to Advance Youth Suicide Prevention") has won AHRQ's Dr. Robert Lewis Kane Memorial Award. This award is presented annually to the one Evidence-based Practice Center (EPC) report that year that best embodied Dr. Kane's priorities: clarity, conciseness, and brevity.

Rashelle Musci, Ryoko Susukida, Larry Wissow and Holly Wilcox were involved among others from the Johns Hopkins Evidence-based Practice Center.

Elizabeth Letourneau, PhD and Wietse Tol, PhD receive a BSPH Faculty Public Health Practice Award:

Elizabeth Letourneau, Excellence in U.S. Public Health Practice: Drawing on her research about child sexual abuse prevention policies, Dr. Letourneau has advised state legislative bodies and national organizations, provided testimony at court hearings, and developed briefing materials used by organizations throughout the U.S.

Wietse Tol, Excellence in International Public Health Practice: Dr. Tol has been engaged in the translation of science into practice for international humanitarian mental health programs, particularly for vulnerable populations in conflict-affected areas.

Star Teacher/Advisor



Jeanine M. Parisi, PhD, Associate Scientist, received an Advising, Mentoring and Teaching Award (AMTRA) from the School.

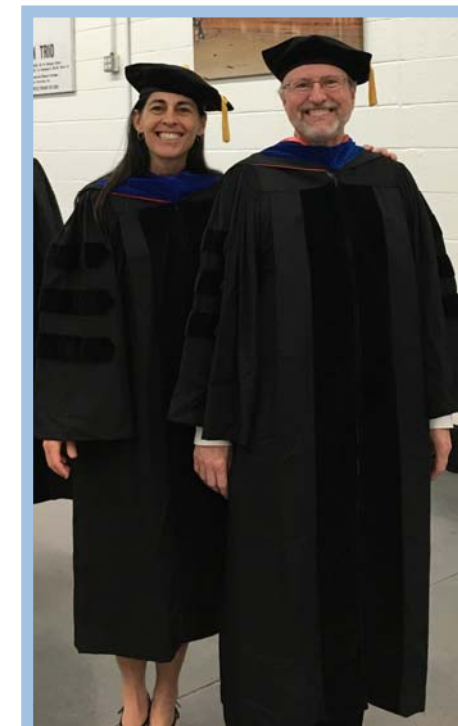
Photo Gallery



Above: MHS '17 graduates having dinner at Gertrude's. Also pictured are Dr. Jeanine Parisi, MHS Director (fourth from left), and Dr. Daniele Fallin, Department Chair (front row, far right).

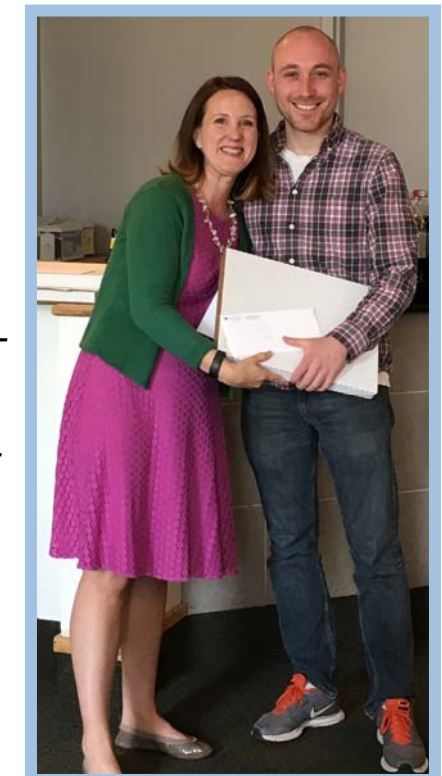


Left: PhD '17 graduates Sarah Forrester, Stacy Lloyd and Liming Dong



Left: Professors Elizabeth Letourneau and George Rebok are ready to join the processional at graduation.

Right: Kenneth Feder, PhD student, is presented the Paul V. Lemkau Award by Dr. Fallin.



Faculty Highlight: Tamar Mendelson, PhD



Trained as a clinical psychologist, Dr. Mendelson specialized in Public Service and Minority Mental Health during her internship at the University of California, San Francisco, and then completed an interdisciplinary fellowship in population health through the Robert Wood Johnson Health and Society Scholars Program at Harvard University. These experiences sparked her interest in understanding social determinants of mental disorders, developing culturally-relevant prevention strategies, and using public health approaches to reach vulnerable populations. She was delighted to join the Department of Mental Health, as these interests are a terrific fit with the department's mission.

Dr. Mendelson's research addresses the prevention of depression and other mental health issues in underserved maternal and child populations. She is especially interested in the potential of mindfulness-based interventions to reduce mental health symptoms and promote resilience. Her projects include studies funded by the National Institutes of Health (NIH) and the Institute of Education Sciences (IES) to assess school-based interventions in Baltimore City Public Schools using mindfulness and trauma-informed approaches. She also studies strategies to promote maternal mental health and prevent postpartum depression in contexts that serve at-risk perinatal women, including obstetrics and neonatal intensive care. She has an interest in implementation science, including the measurement of organizational-level barriers and facilitators to program delivery and the adoption of strategies that maximize intervention sustainability.

Dr. Mendelson's article, "Feasibility and preliminary outcomes of a yoga and mindfulness intervention for school teachers", is on the top 20 articles that have been most popular with the *Journal of Advance in School Mental Health Promotion*.

In addition, *WYPR On the Record with Sheila Kast* interviewed Dr. Mendelson about the positive effect of mindfulness in schools. <http://wypr.org/post/mindfulness-schools>

A couple of Dr. Mendelson's recent publications include:

Mendelson, T., Cluxton-Keller, F., Vullo, G.C., Tandon, S.D., & Noazin, S. (2017). NICU-based interventions to reduce maternal depression and anxiety: A meta-analysis. *Pediatrics*, 139. doi: 10.1542/peds.2016-1870. Epub 2017 Feb 21.

Dariotis, J.K., Mirabal-Beltran, R., Cluxton-Keller, F., Gould, L.F., Greenberg, M.T., & **Mendelson, T.** (2016). A qualitative exploration of implementation factors in a school-based mindfulness and yoga program: Lessons learned from students and teachers. *Psychology in the Schools*, 54, 53-69.

To read more about Dr. Mendelson's research, please visit: <http://www.jhsph.edu/faculty/directory/profile/1770/tamar-mendelson>

Let Us Know About Your Success!

We would love to hear how and what you're doing and your recent career highlights. We'd also like to highlight your accomplishments on our departmental alumni website. **Please keep in touch!!** Just drop an email to Michelle at: mmaffet1@jhu.edu.



Keep Connected!

GoHopOnline allows you to both re-connect with old classmates as well as enabling you to utilize the trusted Johns Hopkins University environment to expand your professional network.

By fully integrating with social networks, and cultivating a culture of helping and giving back, you will be amazed how vibrant your Johns Hopkins University community is!

Visit <http://www.jhsph.edu/alumni> to join!

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